A Manuall of Devotions,

Serving

To Ground the Mind in the Knowledge,

and

Guide the Heart in the Practice of RELIGION.

JOHN 17.3.

This is life eternall to Know *Thee the onely true God, and Jesus Christ whom thou hast sent.*

JOHN 13.17.

If yee know these things happy are yee if you Doe *them.*

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The uſe of the Services delivered in foure Rules.

Rule 1. *When you would ſtrengthen in you the grace*
1 *Of Feare, uſe the Service of Death, Hell, Judgement.*
2 *Of Hope: uſe the Service of the Paſſion, The joyes of Heaven. Againſt Deſperation.*
3 *Of Charity: uſe the Service againſt Malice, Anger, Revenge, Envy, Detraction, &c.*
4 *Of Contempt of the World: uſe the Service againſt Vanities of it. Of Honours, Riches, Pleaſure, Beauty, Strength, Wit, Favour, or Of the Miſeries of it. Of Death, Of Joyes of Heaven.*

5 *Of*

5 *Of any virtue which you would ſtrengthen in you, Read the Service againſt the contrary vice:* As *for Chaſtity. The Service againſt luſt. for Truth: The Service againſt lying. for Humility: the ſervice againſt pride. for Meeknes: That againſt anger. &c.*

Rule 2. *When you would ſtrengthen your ſelfe againſt any of the ſinnes above named, Read the Service againſt that Particular ſinne for that day.*

Rule 3 *When you read one Service, you may uſe beſides the Collect for it, the Collect for another. As for your Service againſt Pride, That againſt the Vanities of the World. In your Service againſt the Vanity of Pleaſures, for the Pleaſures of Piety, &c.*

Rule 4. *When you ſee cauſe, you may make uſe of the Collects or Prayers, and ſay fewer or more of them, without the Services.*

Directions how to prepare for the Holy Communion.

1. *Touching Faſting.*

On the Friday before Eate a leſſe Dinner, that you may better intend your Devotions that day till night. Then take your Supper, that you may have better ſtrength and ſpirit, for the duties of the next day.

On Saturday (the day before you *Communicate*) faſt at noone, and doe all that you deſire to doe by way of *Devotion* or *Confeſſion* before night. Then eate a moderate Supper, and take your ſeaſonable reſt.

2. *Touching your Prayers for thoſe dayes.*

On Friday. Read your Service on the *Paſſion*, before and afternoone, as is directed. And

On Saturday. Read the Service *Preparatory* for the *Holy Communion*, before and after noone.

On Sunday. Read (at leaſt) the Collect or Prayer in that *Service*, before you come to Church; and if you have time enough, the *Scriptures* in it.

3. *Touching Selfe-Examination, necessary before we Communicate.*

1 Cor. 11. 28. You muſt *Examine* your ſelfe touching your faith and life.

1. Your *Faith* is right, if you believe concerning God and his Church, according to the
2 Tim. 1. 13. Rule of it, comprized ſummarily in the *Apoſtles Creed*, received by all Chriſtians.

2. Your *Life* is right, if it agree with the *Rule*
James 2. 12. of it, The *Law* of God, comprehended in the *Ten Commandements*; for finding of which,

1. You are to conſider *apart* every Commandement, and the Contents of it, what *Duties* it requires, what *Sinnes* it forbids; and then to aske your *Conſcience* how you have diſcharged your ſelfe therein.

2. Where you finde upon juſt *Enquirie*, that you have led your life according to Gods Law, in Pietie to God, or Charitie to Man,
1 Cor. 15. 10. *Thanke God for his Grace.* Where you
2 Cor. 3. 5 finde that you have failed, *Aske God for his Pardon.*

Pſal. 51. 1. & 14. 3. And becauſe none but *Penitents* can aske and have Gods Pardon; and Confeſſion of ſinnes is the firſt part of Repentance *, and Amendment of life the laſt; looke therefore carefully to both: and firſt

* Viſible. (Contrition is the root of it.)

Touching

Touching Confeſſion.

1. To whom it is to be made, muſt be conſidered. And it muſt be to God undoubtedly, who onely hath the *power* to pardon ſinnes of and by himſelfe *immediately*. Or to whom God hath *delegated* his power to pardon ſinners in his Name; that is, to the Miniſter or Prieſt of God, intruſted therefore with his Seale of mercy and forgiveneſſe, with full aſſurance that He will make good that Seale. He therefore that hath the beſt *Underſtanding* to be Judge and Counſellour in Soule-caſes and cauſes, and is *Faithfull* to preſerve what is committed to his truſt by God and the Penitent, is fitteſt to make confeſſion to. And it's good diſcretion in the confeſſion of our ſinnes, to finde out a Confeſſour whom we thinke to be made of God moſt worthy and able to *Keepe the Keyes of Heaven and the Heart.* Joh. 20. 21, 22.

2. What kinde of Confeſſion muſt be made to the Prieſt, or Man of God, muſt be next enquired. And

It muſt be ſuch as we would make to God himſelfe, whoſe Deputie in that cauſe the Miniſter is, being Gods Eare to heare our Confeſſion, as he is Gods Mouth and Hand to pronounce and Seale our Pardon and Abſolution.

ſolution. This Confeſſion therefore ought to be,

1. *Humble*: as before Gods Majeſtie our great Judge.
2. *Hearty*: as at Gods Barre. The Tryer of the heart.
3. *Particuler*: of ſuch ſinnes as trouble and diſquiet the Conſcience, which the Phyſitian of Soules cannot know and cure, if the Penitent doe not reveale. Such are commonly ſinnes of a more Grievous nature. Either for their

1. Matter, as ſinnes of a great *kinde*, which greatly *wound* and waſte the Conſcience; as Perjurie, Murder, Adulterie, Blaſphemie, &c.
2. Or Manner, as ſinnes againſt our *vowes* and *promiſes*, or againſt our *knowledge* and *conſcience*; eſpecially ſince we laſt received the Holy *Communion*.

Touching Converſion, or Amendment of Life.

This is the End and Complement of Repentance, without which it's vaine and fruitleſſe to confeſſe, as touching our Soules health. As to bleed, is in vaine, if we preſently fall to diſtemper our bloud againe; and to vomit ill humours out of the ſtomack, if we avoid not thoſe things

things which will fill it up againe. So at preſent to be ſicke of ſinne, and bleed the heart in *contrition*, and to void it up in *confeſſion*, if we amend not our lives, but returne to the vomit of our old ſinnes againe: That were but to abuſe Gods Ordinances, and to make our *Confeſſion* and the Holy *Sacrament* it ſelfe to be our ſinne, if they ſerve onely to Encourage and Strengthen our Soules in ſinne, and not (as God intends and inſtitutes them) to arme and enable us againſt it.

2 CHRON. 30.—18, 19.

The Good Lord pardon every one, that prepareth his heart to ſeeke God, though he be not cleanſed according to the Purification of the Sanctuary.

Rules of Devotion for morning.

What to doe when you awake.

In the morning when you first awake, lift up your eies to God and say.

I lift up mine eies to the Hills, from whence cometh my helpe.

Then lift up your heart to God and pray,

Lord keepe me from all sinne and danger this day for Iesus Christ his sake!

What to do when you are first up.

When you are up, kneele downe and say this prayer.

Allmighty God, who hast touched my heart with a sense of thy feare, and holy dread of thy Majestie: I beseech thee give me thy grace so to governe my thoughts, and looke to my words and waies this day, that I may avoid all sinnes; Especially those to which I am most inclined, or may be most provoked: That so, my soule & body may be kept pure and unspotted before thee; and whensoever the houre of their seperation shall come, may be ready and prepared for thee; through the merits and mercies of Jesus Christ our Lord. *Amen.*

Let this never be omitted.

When you are ready for your Morning Prayers, use every day one of the following Services.

Rules

Rules for the Evening.

Before you goe into your bed, kneele and ſay this ſhort prayer.

O God who haſt made the day for labour and the night for reſt, let thy Sonnes bloud clenſe me from this dayes guilt, that I may ſleepe in thy peace, and riſe againe refreſhed and preſerved by thy favour, through Jeſus Chriſt our Lord. *Amen!*

And this Thanksgiving and Prayer.

Allmighty God who haſt preſerved me this day from many ſinnes and dangers: I doe humbly magnifie thy Name for thy Grace and Goodneſſe towards me. Beſeeching thee to forgive me all the errours of this day, whereof my conſcience doth, or may accuſe me. And grant that thoſe ſinnes which by my frailty I have committed, may by the helpe of thy Spirit, be more carefully avoided; That I may ever ſtand in thy favour, walke under thy protection, and now reſt and lye downe in thy peace, and at laſt come to thy heavenly Kingdome: Through the Merits and Mediation of Ieſus Chriſt. *Amen!*

When you lye downe, ſay,

I will lay downe my head in peace and take my

my reſt, for thou onely O Lord makeſt me to dwell in ſafety.

Then pray thus.

Lighten mine eies O Lord, that I ſleepe not in death! I commit my ſoule and body to thee, Keepe me for thy mercies ſake!

PSAL. 55. 18.

In the Evening and Morning, and at Noone day will I pray, and that inſtantly; and he ſhall heare my voice.

Here

Here begin your daily Prayers.

Preparatorie Prayer.

PRevent me, O Lord, in all my doings withthy moſt gracious favour, and further me with thy continuall helpe, that in all my workes begun, continued, and ended in thee, I may glorifie thy holy Name, and finally by thy mercy obtaine everlaſting life, through Ieſus Chriſt our Lord. *Amen.*

The Confeſſion.

ALmighty and moſt merciſull Father, I have erred and ſtraied from thy waies like a loſt ſheepe: I have followed too much the devices and deſires of mine owne heart: I have offended againſt thy Holy lawes: I have left undone

thoſe things which I ought to have done, and I have done thoſe things which I ought not to have done, and there is no health in me, but thou, O Lord, have mercy upon me miſerable offender. Spare thou me, O God, which confeſſe my faults. Reſtore thou me that am penitent, according to thy promiſes declared unto mankinde, in Chriſt Ieſus our Lord; and grant, O moſt mercifull Father, for his ſake, that I may hereafter live a godly, righteous, and ſober life, to the glory of thy holy name. *Amen.*

Prayer for pardon.

ALmighty God, the Father of our Lord Ieſus Chriſt who deſireſt not the death of a ſinner, but that he may turne from his wickedneſſe, and live, and haſt promiſed to pardon them that truly repent, and unfeignedly beleeve thy holy Goſpell; of thy mercy I beſeech thee, to grant me true repentance and thy holy ſpirit, that thoſe things may pleaſe thee which I doe at this preſent, and that the reſt of my life hereafter may may be pure and holy, ſo that at the laſt I may come to thine eternall joy, through Ieſus Chriſt our Lord, *Amen.*

The Lords Prayer.

OUr Father which art in heaven. Hallowed be thy Name. Thy Kingdome come. Thy will be done in earth as it is in heaven. Give us this day our daily bread. And forgive us our treſpaſſes, as we forgive them that treſpaſſe againſt us. And leade us not into temptatio: but deliver us from evill. &c.

The Verſicles.

Verſ. O Lord open thou my lips,
Reſp. And my mouth ſhall ſhew forth thy praiſe.
Verſ. O God make ſpeed to ſave me.
Reſp. O Lord make haſt to helpe me.
Glory be to the Father, and to the Sonne: and to the holy Ghoſt.
As it was in the beginning, is now, and ever ſhall be: world without end. *Amen.*
ALLELUIA. *Praiſe the Lord.*
Read the Pſalmes for the Service of that day.
Then the Leſſons appointed for it.
After ſay the Creed.
Then your daily Prayers.

A Prayer fit for there ſad times.

O Lord! Thou haſt given us to ſee and feele bitter and bloudy Times. Barbarous outrages are done and endured daily. Our houſes and friends are full: Even thy Temples are not free. Deare God! Theſe be the dues of our ſins: Thou art juſt, but we are wicked.

Againſt the great meanes of thy grace, and mercies of thy goodneſſe, for many and many yeares vouchſafed to us, and our Fathers before us; we are notwithſtanding full of profaneneſſe, hypocriſy, and leudneſſe, moſt ingratefully, and therefore moſt abominably wicked. And I, even I, have contributed a great meaſure of my ſinnes, to fill up thoſe woes.

But O God, that art mercifull as thou art juſt, (that delighteſt not ſo much to appeare juſt as mercifull:) Pardon thoſe ſinnes of ours that cauſe theſe woes! Pardon thoſe ſinnes of mine, which concurre to that cauſe!

And with the pardon of our ſinnes, grant us a Releaſe of our puniſhments. Let civill broiles, and bloudſheds ceaſe. Let true piety and peace

flouriſh

flouriſh againe amongſt us. Set the King ſafe on His Throne, and a bleſſed order and quiet in Church and Kingdome. Let him ſtand faſt in thy faith and favour for ever, but let all that riſe up againſt Him, fall and fly before Him.

O thou that powerfully can'ſt, mercifully do this; to thy great honour, and our great happineſſe, for the comfort both in bodies and ſoules of us and ours, and all that truly feare and love thee, and true Religion in and for thee.

Even for thy tender pitties ſake, heare us! even for thy pretious bloud and paſſion of Jeſus, help us! In whoſe beloved and bleſſed name we put up our prayers, ſaying, *Our Father, &c.*

A Prayer of a Wife for her Husband.

O Lord God, who didſt in the beginning make man and wife to be one fleſh, and therefore wilt have them two, above all others to love, and live, and cleave together as one ſpirit: I do humbly beg all thy bleſſings from heaven upon the Head of him whom thou by thy good providence, and ordinance, haſt made the neareſt and deareſt to mee, of mankind. Lord take him to thy care, and keepe him ever from

all manner of evill. Make me thankfull, that in his perils by ſea and land, thou waſt then (to my great comfort) his Merciſull Saviour. And good God, for Jeſus his ſake I beſeech thee, be now and ever His heavenly Shield and Deliverer!

Let his daies be many and happy upon earth, and my life ſuch as may adde length to his daies! Crowne thou him with childrens children, that may be heires of his honours and thy happineſſe, and give me the bleſſings of the wombe, that I may be his Crowne!

Let him ever be the Vaile of my eies, and Solace of my ſoule; and let me ever be the joy of his heart, as a Seale on his breſt. And let us both be as the ſignet of thine owne right hand; that our perſons, ſoules and lives, may be precious and deare in thy eies for ever!

Make us ambitious of no honour like thy favour, fearefull of no diſgrace ſo much as thy diſpleaſure- Carefull of nothing ſo much as thy ſervice. And let no vanities or occaſions whatſoever, tempt or hold us from thy feare and Holy Duties. Let us not hinder, but helpe one another in the way to Heaven and Happineſſe!

Deare Father, bind up his ſoule in the bundle of life, and mine with his, and both with thee in the bleſſed band of a holy converſation on earth, which may bring us at laſt to a happy cohabitation in heaven: where with thee and thy bleſſed

bleſſed Saints and Angells above, we ſhall live, and dwell together in perfect beauty and glory, with peace and immortality for ever.

O Lord! Let the bleſſing of my prayers come on him, and his on me, and the Merits of Ieſus on both! And forgive for his ſake thoſe ſinnes of mine or his, or whatſoever guilt may barre us of that bleſſing, even by the bloud of Ieſus, I beſeech thee, in whoſe holy hands and words I doe ſend up and ſeale theſe my humble petitions ſaying and praying,

OUr Father which art in heaven. Hallowed be thy Name. Thy Kingdome come. Thy will be done in earth as it is in Heaven. Give us this day our daily bread. And forgive us our treſpaſſes, as we forgive them that treſpaſſe againſt us. And leade us not into temptation: but deliver us from evill. *Amen.*

A Prayer for a Parent.

O God, Father of all, Thou haſt forbidden the child to curſe the parent upon paine of death, and to ſlight them hath thy curſe, but to thoſe that honour them thou haſt given the

promiſe of a long and happy life: Lord make me ſuch a child to the mother that bare me, that the bleſſing of thy promiſe may be upon me! what I owe her of love, reſpect, obedience, or any duty, let me pay it conſcionably and chearefully; whatſoever I may be a ſtay or helpe or comfort to her in, let me doe it diligently and carefully; and the good which I would, but am not able to doe, let me pray it for her daily and fervently.

And now Lord, heare my prayers for all thy bleſſings upon her! Tender O Lord the good of her ſoule, and by the light of thy truth ſhew her the way to thy glory. And of thy great mercy, ſave her and bring her from all errours and acts in religion, which may be dangerous to her ſoule. Maintaine thou her life and lot, in health, with joy, and peace, and plenty; that her daies upon earth may be many and happy. And ſo bleſſe her both in body and ſoule, that after a long and good life led upon earth, ſhe may live with thee in heaven to all eternity!

And Lord, let me ſo live to thee in thy truth and feare, that at laſt I may live with her in thy glory: and let me ſo live to her in duty and love, that her bleſſing may be upon me all the daies I ſhall live! And let all that good be ſealed by thy hand, which ſhe ſhall convey to me, in her bleſſing!

To

To my death, all my life, let my heart honour Her; that both in her life, and at her death, her ſoule may bleſſe me. Heare all Her good prayers for me, and mine for her (thou Father of both!)

But let not me by any perſwaſions or affections or obligations to a Deare Mother, be ever drawne to forſake the truth or feare of thee my Heavenly Father. Lord keepe me in it, and bring her to it in thy mercy; that both of us with one minde and heart may ſo truly ſerve thee, as thou maieſt ſave us both eternally: Even for his bleſſed merits ſake alone who is the way, the truth, and the life, Ieſus Chriſt our Lord. *Amen.*

A Prayer for Brethren in Travaile.

LOrd heare my Prayers for my Brethren in bloud; whoſe perſons nature teacheth me to love, whoſe ſoules grace tyes me to tender! Good God preſerve their bodies and ſoules from all the ills of their travailes! From all the taints of another Religion, and corruptions of vice and youth, and the practiſes of all ill Spirits buſie to labour both; Lord keepe their ſoules! And from all dangers of ſickneſſe, provocations

vocations to bloud, and accidents of ill, incident especially to unexperienced yeares; Lord keep their bodies! Let them learne the vertues without the vanities abroad, and fashion themselves to the wisedome, not the follies of other Countries, that they may returne as noble in spirit, as they went out in bloud. And Lord, be thou their Tutor and Governour, that they may thus happily profit and learne. Proceeding and prospering daily in understanding and goodnesse. Remembring thee their Creator in the dayes of their youth, that thou maist remember them at the day of thy judgement: and for their obedience, adde a happy age to their youth. To this end, let them not forget the good Lessons of a Mother, & Counsels of their Friends; and doe thou O Lord heare Hers, and Theirs, and all good Prayers for them, and Mine now and ever I beseech thee, for Jesus Christ his sake. *Amen.*

Prayer for Friends and Kinred.

LOrd, thou hast planted naturall affections in us, and art well pleased with them! Receive my Prayers I beseech thee, for all my Friends and Kinred in the flesh. And, as we

are

are all one bloud, make us all to be of one ſpirit: So to feare and ſerve thee on earth, that we may live together, and reigne with thee in Heaven. Let us therefore be all neare unto thee in the Bloud of Jeſus, inſpired and ennobled with thy Holy Spirit. Let the grace of it be our honour, and that bloud our glory, that thy Throne may be our end!

Meane-while, what any want of worldly good, ſupply in thy mercy; what they have of thy bleſſings, continue in thy goodneſſe, life and liberty, and health, and plenty, with a poſſeſion of all the happineſſe of this world, which may not hinder the purchaſe of that which is to come. Even for his pretious merits ſake, who at the Deare price of his Bloud, hath bought that Eternall Inheritance for us all, Thy Sonne and Heire of all, our Lord and Elder Brother Ieſus Chriſt. *Amen!*

A Prayer for a Family.

O Lord! Thou haſt made me in a condition of life, not to ſerve, but have many to miniſter unto me; But let me not forget my ſelfe to be thy ſervant, and even for that favour and freedome,

freedome, to owe the more duty and ſervice to Thee. And let me remember, that I owe a care to thoſe that ſerve me, to looke as well to their ſoules, as their bodies ſafety. And Lord enable me to pay thee and them what I owe. To be their Example of thy feare, and Encouragement in it. Give me and my Houſe the grace to ſetve thee, that thy bleſſing may be on Me and It! Let me not ſuffer any that is thy Rebell, to be my Servant, that their ſin breed not my guilt and curſe! Thou that didſt bleſſe *Potiphars* Houſe for one *Joſephs* ſake, and ſave *Lydia's* Houſhold, for hers: Make me valew the Servants that be Thine, as the bleſſings of the Houſe; and my ſelfe be Chiefe in thy Service, to the bleſſing of the Houſhold! O Lord, let thy Bleſſing be on us all, from the head to the foot of the Family. Whether in it, or from it, let it be on all that belong unto it! And gather us, Good Lord, in thy good time to the Habitations thou haſt given us; that we may praiſe and ſerve thee together in Peace, and at laſt dwell for ever in the Manſions of thy Glory. Meane while, Preſerve, Bleſſe, and Be with us all, now and evermore Deare Jeſus. *Amen!*

A Prayer

A Prayer for the King, Queene, and Royall Iſſue.

LOrd, bleſſe the King with all thy bleſſings! Be thou the Guide of His wayes, the Guard of His Perſon, the Piller of His Throne, the Captaine of His Hoaſts, and Conquerour of His Enemies! Lord bleſſe the Queene with all thy mercies! Be thou Her Keeper and Comforter, Her good Phyſitian and Helper. In times of danger thou didſt ſtand by Her. From the feares of all further Infirmities and Enemies, be Her Deliverer, Good God for thy great mercies ſake! Lord bleſſe Their Royall Iſſue with all the Riches of thy Goodneſſe! Let them live and grow in Stature, and Wiſedome, and Favour with God and man. Staffes of their Parents, Stayes of the Throne, the Joyes of the Church, and Hopes of the Kingdome! King of Kings! ſhowre downe thy favours from Heaven upon all their Heads; and according to their conditions and ages, Crowne them now with thy preſent Goodneſſe, and hereafter with thy eternall Glory. For his ſake who himſelfe was once Crowned with Thornes, but now ſits at the right hand of Majeſtie: Jeſus Chriſt thine Anointed, our King and Lord. *Amen!*

A Prayer

A Prayer for the Church.

O Lord! The Church is thy Bodie, and thou art the Head. She is thy Spouſe, and thou art her Husband. O ſave thine owne Bodie, preſerve thine owne Spouſe! Protect her from all Enemies, Men and Devils! Keepe her from all Ills, Errours and Dangers! Thou didſt purchaſe thy Selfe a Church at the price of thy Bloud, O let no hand ſeize and ſpoyle ſo Deare a Purchaſe! More particularly, Heare my Prayers for theſe perſecuted Parts; The Petition of a poore Child for a Deare diſtreſſed Mother. Many, O Lord, are the Enemies to deſtroy it, and few Friends to defend it: Strong are the armes to pull it downe, and weake the hands to hold it up: But O God! do not thou deſert it, uphold it with thy Holy Arme! Maintaine the Religion eſtabliſhed amongſt us, and thy Holy Truth and Worſhip in that Religion. Maintaine a Clergie, that may be able by Learning and Holy Life, to defend thy Truth and Worſhip; and the Meanes, that may continue ſuch a Clergie! Let not Error and Hereſie corrupt it. Ignorance blinde it. Superſtition infect it. Profaneneſſe over-grow it. Schiſme teare

teare it. Sacriledge devoure it. Atheiſme lay it waſte. Perſecution make it deſolate! Lord, make us as happy as we were, and more thankfull and leſſe ſinfull, that we may be ſo happie! Let Errors vaniſh, Sects ceaſe, Fury leave us, and the Spirit of Truth and Love againe poſſeſſe us! Let Confuſions end, and all Irreverences in thy Service be baniſh't from us, and Holy Order and Decency appeare againe amongſt us! Let Warres, and Tumults, and Civill Broyles, and Bloud-ſheds depart, and the voice of Joy and Peace returne againe unto us! Lord! let us have that Religion which may make us happy in Heaven; and that Peace which may give us time and leave to enjoy that Religion! And let thoſe that have the power, reſtore and preſerve that Religion and Peace! And doe thou to that bleſſed end mercifully maintaine their Power and Them! The Authority of the King, and all under Him in the Kingdome! O Thou by whom Kings reigne, who haſt promiſed to make them Nurſing-Fathers to thy Church, grant us theſe bleſſings to the Glory of thy Name, the quiet of our Lives, and the ſaving of our Soules. Even for thy Deare Sonne our Saviours ſake. *Amen.*

Prayer againſt the Plague.

O Lord! Peſtilence is thy arrow, which falls not but where thy Providence aimes it; And my ſinnes have expoſed my breaſt as a full marke to thy Juſtice: But hold thy hand O God, I beſeech thee, in thy mercy! Thou haſt given me my heart (the Caſtle of life) to keep to thine Honour, and preſerved my Spirit to the uſe of thy Service: But I have yeilded my heart upon the aſſaults of Temptation, to the Devill thine Enemie; and betrayed my Spirit to the fleſh his friend. And now Lord, ſhould'ſt thou fire my Caſtle with thy Plague, and burne up my Spirits with the Peſtilence, thou wer't but juſt: But O Lord ſpare me, ſpare thy poore ſervant, I beſeech thee, for thou art mercifull! Spare my ſoule, that it may better ſerve thee: Spare my body, that it may better ſerve my ſoule! Spare my heart, that I may keepe it more carefully for thee! Spare my bloud, that my ſpirits may be more active to ſerve thee! From all mortall diſeaſes defend me, but from this feareſull One, above all I beſeech thee; and Him, and Them whom thou haſt made moſt Neare and Deare unto me. Deare Saviour do it for thy mercies ſake. *Amen!*

SUNDAY.

A Prayer againſt the Fleſh.

O Lord! deliver me from my ſelfe, my ſinfull, ſenſuall, and carnall ſelfe; ready to joyne with my foes, to ruine my ſoule by yeilding it up to the temptations of ſinne. Let me watch it as my moſt mortall enemy, without which all the Devils in hell cannot force, nor all the powers on earth faſten a ſinne upon me! and yet a foe ſo inbred and naturall to me, as will lodge in me whileſt I live, and never leave me! Make me ſee what cauſe I have to keepe a ſtrict and continuall watch, and pray thy aide, when the Devill and the World without beſet me, and lead on armies of Temptations againſt me; and the fleſh within is falſe and ever ready to betray me, and let them in upon me! From ſuch Enemies and Traytors, Lord deliver me! and as I love the eternall ſalvation of my ſoule, let me not ſleepe in ſecurity, that have to doe with ſuch enemies!

And ſince the fleſh is my foe, let me not cheriſh it, and ſatisfie it, and provide for it, and entertaine it as a friend: but according to thy will and the neceſſity of my ſoule, let me not ſpare

to crucifie and kill it as my enemy: which will torture me if I be not crucified, and kill me if I doe not kill it. And grant me Good God, the power of thy Spirit, to doe thy will in mortifying of the flesh, to the saving of my soule!

Let my life be a continuall fight against the corruptions of my flesh, and succour me with wisedome and grace to maintaine that fight; let me watch, and fast, and use all due meanes to beat downe my body, if that give it strength. Let me meditate, and heare, and read, and pray, and weepe, in all good wayes seeking to beare up my soule, to beat downe that sinfull body, and bring it to death.

And because, though now beaten downe, a new Temptation will raise it up; and struck dead, it will revive againe. Hasten my soule O Lord, out of these endlesse warres, where I may keepe the triumphs of an eternall peace from earth to heaven, and strengthen my soule to get those daily victories over my lusts, that they bring me to those triumphs! O Christ, that hadst flesh and no corruption, pitty me that have both! Succour my double frailty, thou that knowest the infirmity of the flesh! Assist me with thy holy Spirit, to stand: recover me when I fall, in these holy fights. Relieve my wants, forgive my weaknesses, close up my wounds by thy bloud! Blessed Saviour, the

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Captaine of my Salvation, who didſt fight and conquer all my foes, and now ſitteſt in thy Throne in triumph in heaven; make me ſo to fight, that I may conquer on earth; and having ſubdued the fleſh, may ſit with thee on the Throne. From their ſhame keepe me, that prefer the Subject before the Soveraigne, Fleſh before the Spirit! From their loſſe keepe me, that preferre a Toy to a Crowne, a Luſt to a Kingdome! From their Cowardiſe keepe me, that dare not fight for a Crown, but yeild their ſoules up to luſt! From their woe ever keepe me, that buy delights with their death, for a little life after the fleſh, dying eternally bodies and ſoules! From ſuch folly and miſery, deare Jeſus deliver me! *Amen! Amen!*

MONDAY.

A Prayer againſt the Devill.

O Lord! how ſhall my poore ſoule ſtand againſt Temptation, if thou doe not aſſiſt me, who have as many Ghoſtly Enemies as Devils to tempt me; malicious, crafty, buſie, and mighty, all of them hating my ſoule to death, watching my weakneſſes, and continually ſeek-

ing occaſion to devoure me! O my God, without thy ſtrength I cannot ſtand, and by thy ſtrength I ſhall not fall. For thou O God art above the Devill, of more goodnes, wiſedome, care, and power to ſave, then he is able to deſtroy. Thou canſt ſend more ſuccours to me, then he can bring forces againſt me; more holy Angels, then he hath wicked Spirits; Lord give me that ſtrength! Lord ſend me thoſe ſuccours! Put upon me the armour of light, to fight with the Rulers of darkneſſe! Let the Helmet of hope be on my head, and the breſtplate of faith and love on my heart, that I be not mortally wounded in the fight! In my extremity ſend thy Angels to ſuccour me! And let thy holy Spirit be my Leader, that the Evill one may not be my Conquerour.

Lord Jeſus that knoweſt what it was to be tempted, and didſt overcome the Tempter for me, relieve my frailty when I am tempted, and ſuffer not Satan to overcome me! And let me be ſober and watch and pray that I enter not into Temptation, that thou mayeſt relieve me! O Lord! How ſhall I not fall into the hand of Hell, if I throw my ſelf into Temptation! From ſuch preſumptions, O Chriſt preſerve me! How many ſoules have beene left and loſt in thoſe bold adventures of their ſtrength, make me ſadly to conſider, that ſuch a daring ſpirit

may

may never poſſeſſe me! Let me remember with feare and trembling, what great Saints have falne, that I may with an humble and holy care and feare, ſeeke for thy ſtrength to ſtand, and being upheld by thy right hand, may never fall. But let me not caſt my ſelfe out of thine, into Satans hand; for if thou Lord doe not uphold, and he pull downe, how ſhall I ſtand? And let me keepe my wayes, that I caſt not my ſelfe out; for thou wilt not protect me but in thy wayes! And let me not runne my ſelfe into temptation, for that is out of my wayes, and thy protection. Thou great Shepherd of the ſheep, keepe me, a poore Lambe of thy fold! Thou Lion of the Tribe of Juda that haſt prevailed, ſave me from the roaring Lion that he may never prevaile! And in and from all his Temptations deliver my in thy mercy, that he may not devoure me ſoule for all his roaring. Reſcue me, thou that didſt redeeme me; Preſerve me, thou that didſt create me, my Lord and my God, my ſtrength and hope, deare Jeſus! *Amen.*

Tuesday.

A Prayer againſt the World.

O Lord! The World is a ſtrong Enemy to conquer, (The great Conquerors of the powers, were Captives to the vanities of the World) yet by thy ſtrength it may be conquered, for thou art greater then he that is the world: Thou didſt O Saviour, conquer it for me; and by thy aide I may conquer it for my ſelfe. And by thy will I muſt conquer it with thee on earth, if I will triumph with thee in Heaven; O then, let me reſolutely ſet and fit my ſelfe for the conqueſt of the world! And to the forces of reaſon, Lord give me the powers of grace, by which I may make a conqueſt.

This world is but for a time, and will end at laſt, and how ſoone to me, thou Lord onely knoweſt: and did it endure, what comfort or contentment can my immortall ſoule receive in any, or all the good of the world? O let me not loſe my eternall interitance in the world to come, for a poore portion in this preſent world! Thou Lord haſt made me in it, but me for thy ſelfe, and it for me. O then, let me never be of it, let my Spirit alwayes be above it! Let

Let me not make my Servant my Soveraigne good. Assist me by thy grace, that I may not, O God! And because my senses are s aturall and neare unto me, and the world tak s my soule captive, by the power of my senses; O let me watch those gates against the entries of Temptations! and looke well to my sense, that I lose not my soule. That I doe not, Lord keep me from all evill, from the men, and from the things of the world! From Companies and Counsels, and examples of the ill, set on by the Devill, to wooe for the world, Lord keepe me as so many foes and fiends to my soule, and let me rather suffer them as my sorrowes, then take solace in such men! From the Vanities of the world that they doe not allure me, & the miseries of it, that they may not deject me; The great powers by which the world assaults me, defend me O Lord, that they do not overcome me, and let me looke well to my soule, because I am never free from such assaults! From the Vanities of Riches, Honours, Pleasures, the prevailing goods of the world (the Heaven she brings;) And from the miseries of wants, scornes, ignominies, injuries, tortures, the powerfull ills of the world (the Hell she hath;) Lord keepe me, that they lead not my soule into the Captivitie of sinne, lest I feele a worser Hell, and lose a better Heaven! Let me not

loſe thy favour for the ſmiles, nor incurre thy diſpleaſure for the frownes of this world. Let n[illegible]er her Sorceries bewitch me to ill, nor her Tyrannies fright me from good. Let my love and feare be both on thee and the good and ill, not of this, but another life! On that be my heart, on this my foot! Let me love and value and uſe this world, onely as it may helpe me to that! Not for the Throne of my ſpirit, but the footſtoole of my ſoule. By whoſe good my body may be better enabled to ſerve my ſpirit, and both to ſerve Thee, and come to the good of a better world! For ſuch a Conqueſt, Lord ſtrengthen me, and to theſe Triumphs above bring me, even for his ſake, who hath overcome the fleſh, the Devill, and the World for me, Jeſus Chriſt our Lord. *Amen.*

WEDNESDAY.

A Prayer againſt ſudden Death.

O Thou great Judge of the world, I am a child of death by the ſentence of the Law for *Adams* ſinne, and have deſerved it at the hands of thy Juſtice for my owne; yet in thy mercy thou haſt not executed that ſentence upon

on me, but to this day haſt continued my life. Yea, moſt mercifull God, when the feares and ſnares of Death and Hell tooke hold o me, and my provocations were great againſt the; in thoſe great diſtreſſes I called upon thee, and thou didſt heare me and deliver me!

Lord! make me ever thankfull for thy goodneſſe, and take not away thy loving kindneſſe from me, though ſince I have not walked worthy of thy mercy. Save my ſoule from the ſins that trouble me! Save my body from the ſicknesſes that feare me! And ſave my life from all ill accidents and diſaſters that may befall me! If thou ſpeake the word O Lord, I ſhall be ſafe, body and ſoule, and no ill can touch me; Good Lord, ſpeake that word, and ſave me! Pardon my ſinnes that they doe not deſtroy me, and lengthen my dayes that I may better ſerve thee. For a ſudden death by a preſent repentance, and good life, Lord ever prepare me. And from a ſudden death, by thy good providence deliver me. That I may have time with more comfort and contentment, and ſettlement of minde, to yeild up my life and ſoule unto thee.

Deare Saviour heare me, that ſheddeſt thy bloud to ſave me, and ſitteſt in Heaven to preſerve me! For my laſt houre fit me. From ſudden ſurpizall of it, keepe me. To it, and in it, ever ſave me; and by thy grace and holy me-

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rits make it a happie houre unto me, that I may then die in thy armes, and at the day of Judgement rise and ſtand joyfull before thee. Lord Jeſus for thy mercies ſake grant all this to me. *Amen! Amen!*

THURSDAY.

A Prayer againſt Hypocriſie.

O Lord! Make me abhorre to be prophane, and feare to be an Hypocrite! If I be a notorious ſinner, the world will condemne me; and if a cloſe offender, Thou wilt not juſtifie me: Let me therefore be a Saint in ſinceritie, that God and man may approve and bleſſe me!

O Lord God of truth that ſearcheſt the heart, what will it availe me to have the world acquit me, when my conſcience ſhall be a thouſand witneſſes againſt me, and Thy ſelfe more then ten thouſand conſciences to condemne me! Keepe me therefore from the blot and follie of hypocriſie.

And ſince Hypocrites are the firſt-born of the damned, let me have no part in that ſinne, that I may have no portion with ſuch ſinners! Let [illegible] wherefoever I am, in the Cloſet and

and Church, in ſecret and publike, in the darke and day; and let me be alwayes what I ſhould be, ſtudying ever to approve my heart and wayes before thee, that thou who ſeeſt in ſecret, mayeſt reward me openly. O let me ſet Thee every where before my eyes, and my ſelfe before thine; and accordingly walke uprightly before thee, till I come to reſt eternally with thee!

O Lord, ſince thou requireſt no more, to have thy favour on Earth and glory in Heaven, but a heart true unto thee, and doeſt pardon and paſſe by many infirmities, where thou ſeeſt ſuch a heart; Let me not give thee leſſe, then a ſinceritie in thy ſervice. God of Truth, give me a ſingle heart to ſerve thee, and accept it from me: and a Monſter of a double heart let Satan never make me. From hypocriſie and lyes of life, Lord deliver me! Thou that hadſt no gaule in thy heart, nor guile in thy mouth, Bleſſed Sonne, and Truth of God, let me be Thine in truth ſweet Jeſus. *Amen*!

FRIDAY.

FRIDAY.

Prayer againſt Inconſtancie in good.

O Lord! Thou art immutable what thou art, let mee be unchangeable what I ſhould be! never ceaſing to be thy good child and ſervant, who ever continueſt to be my good father and Lord!

O Lord! There is not one moment, in which I can bee or live without thy goodneſſe, and ſhall there be many dayes wherein thou art without my ſervice? The glory with which thou rewardeſt it, is to all eternity, and ſhall the duties of it faile and fall ſhort of conſtancie? O my God! had I the age of Angels to live, I owe the ſervice of all that life unto thee; and now that I have but a ſpan of time, ſhall I keep away a great part of that from thee? O Lord, let mee not ſo much forget thee and my ſelfe, as to do thus by thee!

And ſhould I ſo farre forget my duty, let mee remember my neceſſity. It is conſtancie gets the Crowne to thy ſervice, and ſhall I fall off from it, and looſe my Crowne? O Lord! In what a fearfull condition would my ſoule be, if death ſhould

ſhould ſeize me when I am faln off, and take me away in that time of ſin? and have I any aſſurance this howre, the next not to ſee death? And were I ſure of life & time, ſhould I ſo live, and divide it, beſt yeares to the devill, and worſt to my God? Moneths to vanity, and minute to piety? Day and night looke to this world, and not ſpare an houre for a better? Lord! Let not the Devill and the World divide my time with thee, leaſt not giving thee all, thou takeſt none from mee; or giving thee the leaſt ſhare, thou throweſt it backe upon mee.

Fix my heart on thy feare, that no temptation of Devill or man may remove mee; Bind my ſoule with ſuch reſolutions to thee, that no ſtrength of the fleſh may looſe mee. Since I cannot for my bodies frailty, ſerve thee as an Angell without intermiſſion, continually; let mee as a Saint, without failing, conſtantly be devoted to thee; not as a retainer, but daily ſervant attending upon thee. Keeping carefully my howers of devotion, and conſecrating all my dayes unto thee, in a conſcionable and conſtant endeavour in all places and things, and at all times to ſhun all evill, and do what may pleaſe thee. O thou that art without ſhadow of change, ever the ſame; ſettle my fickle ſoule in thy feare, and eſtabliſh thy holy Spirit in mee, that I may ſerve thee on earth with conſtancie,

and

and in heaven to all eternity! By the grace and merits of Him who finiſhed the worke of Eternall Redemption for mee, living and dying, to ſave mee, and now ſits at thy right hand to uphold and keepe mee, Jeſus Chriſt our Lord. *Amen.*

SATURDAY

Prayer againſt impenitence in ill.

LOrd keepe mee from the fearfull ſinne and judgement of an impenitent heart: Since repentance for ſinne is the only remedy appointed to ſave mee, let me not neglect it, leſt I die for it irrecoverably.

O Lord, what ſhall become of my guilty ſoule, if thou do not pardon mee? And how ſhould I hope thy pardon, if I goe on to provoke thee? Give mee therefore a ſorrow for my ſinnes paſt, wherein I have offended thee, and if I fall by frailty into ſin, let mee not lye without remorſe, but riſe by repentance, that I may returne againe into favour with thee.

O my God, if now I will not, I ſhall repent: in hell, if not on earth: if not with timely teares in hope, in fires with everlaſting horrour. O let mee

mee weep for a time, that I may not waile them for ever! Let mee mourne for them [illegible] comfort, rather then rejoyce into confusion.

From a heart hardned in sin, and a conscience seared with guilt, Lord keepe mee as from the threshold of hell. And from continuance and custome in sin, keep me, that I grow not senseleſſe of it, and seared. And from multiplying, and reiterating the acts of sin, keep mee that I get not a custome. If I sin, let my heart smite mee, that thy hand of vengeance may not touch mee.

And for that hardneſſe and habit of ill which I have already got by any acts of sin. Deare Saviour help mee, and heale mee. Melt my heart in the fire of thy love, to a tenderneſſe of offending thee. And (O blessed scape-goat *) mollifie my hardneſſe by the vertue of thy blood, that I may not stand stubborne against thee. Bow me with thy mercies, breake me with thy judgements, wound mee with thy Word, move mee with thy spirit, and by all meanes mould mee and make my heart of that temper, that the least touch of sin may trouble mee, that I may not obstinately goe on in a course of Rebellion against thee. Mercifull Father, let all thy crosses come rather upon me, then this curse befall me. That I may rather grieve and groane with hope on earth, then waile and houle in hell without remedie.

*Levit. 16. 21. *Gates blood melts Adamant. Such is an hardheart,* Zach. 7. 12.

remedie. A heart of fleſh for ſtone, Lord give mee, let thy Holy Spirit worke and keepe it in mee. Do it deare Saviour for mee, I beſeech thee, in thy mercy. *Amen, Amen.*

A Prayer for Safety and Iſſue, in this perillous time.

O Lord! our breath is in our noſtrils, but our life is in thy hands. In the midſt of diſeaſes thou canſt maintaine health, and in the midſt of dangers thou canſt preſerve life!

I do beſeech thee for Jeſus Chriſts ſake, in theſe perillous times to keepe him in ſafety, in whoſe life, conſiſts ſo much of the ſolace of mine. If thou Lord, wilt hold his life in thy hands, none can take it away. Doe it for thy great mercies ſake to both! And doe away thoſe ſinnes of mine, for which thou mighteſt juſtly not doe it. O preſerve us in thy goodneſſe to love and live long together in thy feare.

And thou that keepeſt the keies of the wombe, as well as the grave; open a doore of favour upon us, and bleſſe us with the fruit of it. That when we ſhall depart this world, we may live ſtill in thoſe pledges of thy love left behind us. And all of us live in thy feare on earth, till at laſt we meet and dwell together in the glory of heaven!

Father of mercies, forgive my ſinnes, and receive my prayers, even for his Merits ſake who is the Son of thy love, my Deare and Onely Saviour Jeſus Chriſt our Lord. *Amen!*

A Prayer to be made for friends ready to be engaged in Battaile.

O Lord of Hosts! Blesse those that fight thy battailes: And be the buckler of all those that draw the sword in the service of Thee, and Thine Anointed the King. Cover their heads in the day of battaile, and crowne them with victory over all their enemies. Let them not fall that stand to thy cause, O God, and let them not stand that withstand it!

More particularly, I beseech thee for Jesus Christ his sake, preserve that Royall head, who is the breath of our nostrils. And next him, that Deare one, who is the joy of my life. And let Him who is Brother with Him in bloud, and adventurer with him in jeopardie, be partaker with him in safetie, for Christ his sake! O let no sins of theirs or mine, expose those pretious lives to the sword of their enemies: But grant to them a pardon, and to these a protection, of thy great goodnesse, O Lord. O thou great Lord of life, and Saviour of the world, for thy great mercies sake save them all, I beseech thee, even for his pretious merits sake, who is the great and only shield of our salvation, Jesus Christ our Lord. *Amen.*

A prayer for a friend wounded in warr. in a good cauſe.

O Lord! thou woundeſt, and thou healeſt, thou killeſt and thou makeſt alive! I do beſeech thee therefore to heale him in thy mercy, who is not wounded without thy providence.

Lord Jeſu! Thou good and great Phyſitian of wounded bodies and ſoules! who never faileſt to cure and recover thoſe whom thou pleaſeſt: Take him to thy care, who is wounded in thy cauſe: and even for thy tender mercies ſake, I beſeech thee heale his ſoule of his ſin, and his body of his wounds. O Thou that thy ſelfe was wounded, and ſheddedſt thy blood for him & us all, in this bleeding condition of his, let thy blood be his Cordiall, and thy wounds his remedies, I beg of thee, for thy great goodneſſe ſake. And thou Lord of life, who on earth with thy word madeſt the ſicke and wounded to recover, yea the dead to live; ſay unto him from heaven, live and recover, that hee may ſerve thee more and better on earth; and now, and ever fit and prepare him with thy grace, to live and raigne with thee in heaven. Through thy bleſſed Merits and Mediation, who was wounded and ſlaine, to heale and ſave us all, O Jeſus Chriſt our Lord, our life, and onely hope and ſuccour, and Saviour. *Amen.*

A Thanks-giving for the Deliverance from a great danger at a Seige *.

* Glouce-ſter. 1643.

O Thou Preſerver of men! What ſhall I render thee for thy many ſalvations of me, and him, whom thou haſt made ſo neare and deare unto me? At Sea, on Land, how great have beene our dangers? how gracious thy deliverances? I doe on the bended knees of my ſoule, and ever will bleſſe thy holy Name for all thoſe Preſervations. And from a heart humbly ſenſible of his great danger and thy gracious deliverance, I offer to thy Majeſtie a devout ſacrifice of praiſe for his preſent ſafety, whom thy providence did ſee to ſtand, but not ſuffer to fall in that great jeopardy.

O my God! affect my heart with thy goodneſſe in it, and fill my ſoule with devout affections to thy Majeſtie for it. For my ſinnes, O Lord, even for them alone, thou mighteſt have taken away that precious life from me: but for thy mercies ſake, thou haſt preſerved him to me. And even for thy tender mercies ſake, O Lord, ſtill preſerve him. Thou that numbreſt the haires, much more the heads of thy ſervants,

hold

hold his life ſtill in thy hand, and let not the hand of violence take it out.

And in theſe dayes of dread and danger, maintaine I beſeech thee, together with h , my ſafety and health: That we may comfortably live together in thy ſervice on earth, till we live eternally together in the ſalvation of heaven. Even for the pretious merits ſake of him who is thy deare and onely Son, my deare and onely Saviour Jeſus Chriſt our Lord! *Amen!*

A Thanks-giving for Deliverance from the dangers of battaile, wherein ſome great Perſons were ſlaine†.*

* *Newbury.*

† My Lord *Carnarvon, Sunderland, Faulkland, &c.* 1643.

O Lord! Thy power and providence is over all. A Sparrow falls not to ground, much leſſe a man, without thy will. And though the ſword devoure one and other, yet, if thou ſay ſpare, it will not devoure. Lord, I believe it, and bleſſe thee for it. That the life ſo deare unto me, hath eſcaped the perils of the ſword, and (to the great comfort of my ſoule) is to this day preſerved by thee.

Many, O Lord, have fallen; and many are filled with ſorrow and ſadneſſe for the loſſe of thoſe lives, in whom conſiſted all their ſuccour

and ſolace: But thou haſt ſaved his life in whom conſiſts the very joy of my heart. Yea, though for my ſinnes thou mighteſt have let him fall, yet for thy mercies ſake thou haſt made him ſtand.

O make me thankfull for this favour! And let this and all thy former mercies bind me faſter to thy feare for ever. And give me thy grace, therefore ſo to ſerve thee, as thou maiſt ſtill continue in all dangers to preſerve him, and me with him. That we may enjoy yet more of thy goodneſſe together on earth, and at laſt live for ever in thy glory in Heaven. Ever for Jeſus Chriſt his ſake our deare and onely Saviour. *Amen!*

A Thanks-giving for your Sea-deliverance.

O Lord God, gracious in thy mercies, dreadfull in thy judgements, and wonderfull in all thy workes; By whoſe will and order all things are diſpenſed and done in Heaven and Earth, and in the broad Sea; for the preſervation or puniſhment of the children of men, even as it ſeemeth good to thy ſupreame pleaſure, and providence! I thy poore creature and unworthy ſervant, did in the dread and diſtreſſe

ſtreſſe of my ſpirit, begge life of thee to ſettle mine afflicted ſoule the better in thy favour and feare: And thou (O mercifull God) didſt heare me, and helpe me, and ſave me from the preſent horrour and dread of death!

And now (O bleſſed Lord) I thy preſerved and ſaved ſervant, do moſt earneſtly begge thy grace (even in the merits of my deare Saviour Jeſus Chriſt) to aſſiſt me to offer up unto thee a daily devout ſacrifice of praiſe and thanks-giving for the great deliverance which thou waſt pleaſed to give me from thoſe ſudden and fearfull dangers of periſhing in the Seas.

Grant (Holy Father I beſeech thee) that thoſe apprehenſions of my dangers may never depart out of my minde, and thoſe good impreſſions which that deliverance then made upon my affections, may never goe out of my heart; but that I may be ever mindfull and carefull of thee and thy ſervice for it, all the dayes of my life!

O let me keep with joy the memory of thoſe waves which came on, but went off my head, as the great Paſſe-over of my life. And let the Tempeſt be made a Temple to me, to call me to pray unto thee, and praiſe thee, the God of my life; to teach me, to feare, obey, and truſt, and ſerve thee better every where, whileſt thou ſhalt continue to me thoſe dayes.

* You may passe over this sometimes, and conclude with O *Lord I beseech thee, &c.*

* 1. *Even thy creatures, how terrible are they O Lord! all hearts are affraid of thy Tempests, and melt at thy stormes. O let me in this glasse of their terrour see the dreadfull face of thy angryen Majestie. At which the depths themselves doe tremble, and the foundations of the world are discovered, even at the blast of the breath of thy nostrils O Lord. And let me never presume to exalt my selfe against thee, but ever tremble before thy face.*

2. *At thy Word the stormes did cease their rage, and lye still. O God! if any Tempest shall arise in my passions through my frailty, let it cease at thy command. Let not the Seas obey thee, and my soule rebell against thee!*

3. *Thou hast presented the horror of a Tempest to my eyes and eares; O Lord, keepe me that I never feele a Tempest in my Conscience! Let a raging Sea never runne in my Soule to raise up stormes in me, more dreadfull then death! And that I may never be drouned in the depths of despaire, Lord keepe me from the overflowings of wickednesse. Let not presumptuous sinnes have any dominion over me! Let the conversation of the wicked never cleave unto me!*

4. *Thou hast in this great extremitie of danger manifested to my soule thy ready and mighty helpe for deliverance. Even when the waves were about to overwhelme me; then, even then, O blessed*

ſed God, did thy goodneſſe ſave me. O let this experience of thy mercifull power and aide make me to truſt and ſtay my ſoule upon thee in all diſtreſſes and dangers, whatſoever ſhall hereafter befall me!

5. *O let not any Temptations of the Vanities of the Land, droune in me the memory of thy mercies at Sea! But againſt all Temptings to offend thee, let this Tempeſt thus arme me! Had I beene in that houre tempted to ſinne, O God, would I, durſt I, then have offended thee? And now that I am by thy mercy delivered, ſhall I yeild upon any temptation, to ſinne againſt thee? and break my great obligation and* VOW *to ſerve thee?*

6. *O let thoſe waters which did touch but not droune me in the deepe, be apprehended as a new Baptiſme in which thy hand was pleaſed to ſprinkle at once and teach me; That my cheeks are to be wet daily with the briniſh teares of repentance for my ſinnes; and the freſh ſprings of joy are to flow from my eyes, for the goodneſſe of thy deliverance. Thy waves came over me, but confuſion did not cover me! My face felt the danger, but thou haſt ſaved my head, O Lord my God!*

O Lord, I beſeech thee, doe thou thus ſanctifie theſe great paſſages of thy providence to me; That whileſt I live, thou maiſt have from me

me a better Service; and when I die, I may receive from thee a better Salvation, even for Jesus Christ his sake my deare and onely Saviour. *Amen!*

A generall Thankesgiving for Gods mercies.

O Thou High Majesty of Heaven! how hast thou filled me with the favours of thy bounty? How great hast thou beene in thy goodnesse and mercy, how gracious in thy providence to mee! Thou hast powred out the blessings of heaven and earth upon my head, thou hast loaden mee with thy gifts bestowed upon mee, in Creating, redeeming, and in preserving mee!

In my *Creation*, thou gavest mee thine *image*, and madest mee more noble then all the creatures of the earth. In my *Redemption*, thou gavest mee thy *Son*, and madest mee more glorious then the angells of heaven. In my Baptisme and *Regeneration* thou gavest mee thy *Spirit*, and hast made mee more happy then millions of men in the world. Thou hast given thy selfe to mee, Lord what couldest thou do more for me! Thrice blessed, yea for ever, be thy Glorious Name for thine infinite grace, mercy, and goodnesse to mee.

And

And in thy Providence for this life, how abundantly haſt thou bleſſed mee! In birth, beauty, health, wealth, mind, honours, friends and the Deare Conſort thou haſt given mee; I was once weake, but thou haſt made mee ſtrong! I have beene in dangers, but thou haſt made mee ſafe! I have beene in troubles of ſpirit, but thou haſt made mee quiet! In my weakeneſſe thou haſt ſtrengthened mee! In my dangers thou haſt delivered mee! In my diſtreſſes thou haſt comforted mee! In my prayers, thou haſt heard mee! In thy judgements thou haſt ſpared mee, to this day preſerving mee, and the life as deare as my owne ſoule unto mee.

And not for any good in mee O Lord, haſt thou beene thus gracious unto mee! My ills on earth have beene many, my ingratitudes great againſt thee. For them thou mighteſt for ever baniſh mee from heaven, and with my ſinnes caſt mee into hell amongſt thoſe that offend thee. For thine owne goodneſſe and thy great name ſake, haſt thou beene thus bountifull and merciſull to mee.

O fill my heart with thy love, that my mouth may poure out praiſes to thee! Raviſh my ſoule with thy goodneſſe, that my heart may ever love thee! Fill my life with thy feare, that as my lips, my thoughts and deeds may ever honour thee! Let mee not be ſo wretched as to forget

forget thy mercy, ſo wicked as to abuſe thy bleſſings. Let all that I am and have, ſerve thee; minde, body, beauty, health, wealth, friends, honours, none of them be abuſed, to pride, vanity, luſt, luxury, in any way of ſinne to reproach thee; but all made to advance and extoll my Makers praiſes and my Redeemers glory.

Since I owe my ſelfe by ſo many bonds of bleſſings to thee, (yea a thouſand lives & ſoules had I ſo many to ſerve thee,) let me not deny the ſervice of one poore body and ſoule unto thee. O bleſſed Maker, and Redeemer, and Preſerver of both! I have no more to give thee, my ſelfe therefore made of both, I preſent unto thee. I give my ſelfe to thee on earth: O Lord accept mee, and receive mee to thy ſelfe in heaven! where with thy Angels I ſhall give thee perfect praiſes, ſinging day and night *Hallelujahs*, giving everlaſting laudes unto thee, my great Maker, my deare Redeemer, my Holy Comforter, my good Preſerver, O God, Father, Son, and Holy Ghoſt, O bleſſed and adored Trinity! To thee and to thy Goodneſſe alone, for what I am and have, and hope of bliſſe in this, or for a better world, be all honour, praiſe, thankſgiving and glory, for ever and ever, *Amen. Amen.*

Rules for every Sundayes-Devotion.

Sunday Morning.

When you awake first, lift up your heart and say:

O Sunne of righteousnesse which this day didst rise for me, shine now and ever with thy grace and mercy upon me! *Amen!*

When you are up, kneele, and say this Prayer!

O Lord! Holinesse becometh thy House, and Dutifulnesse becometh me to goe to thy Courts and waite upon thee! And this is the great day of thy service! Thou that hast given me to see the light of this day, make me carefull to do the duty of it. Timely to present my prayer unto thee, and reverently to behave my selfe before thee, that I may come and goe with profit and favour from thee, for Jesus Christ his sake. *Amen!*

Before you goe to Church, say, if you have time, the Sunday-Service following.

Omit not to say the Collect for it, howsoever.

In the after-noone, say the Evening-Service.

Sunday Night.

When you goe to bed, kneele, and say,

O Sun of righteousnesse, keep me from utter darknesse, let me so sleepe in thy peace, that I may be ever ready to arise and meet thee in thy glory! *Amen! Amen!*

Services set to the dayes of the weeke, for foure severall weekes.

Sunday-Service.

Of the Joyes of Heaven.

Morning Prayer.

Say the Confession, and Lords Prayer.

Read { *Psalme* 36. / *Lesson, Matthew* 5. *to* 13. *verse.* / *Matth.* 17. *to* 14. *vers.*

Then say the Sunday-Collect or Prayer on next page.

After, your daily Prayers.

Conclude with the Lords Prayer.

Evening Prayer.

Confession, and Lords Prayer.

Psalme 15. *&* 16.

Lesson, Isaie 64. *or James* 1.

Collect as before.

Conclude with, Lighten our darkenesse, &c.

Sunday Collect or Prayer for the Joyes of Heaven.

DEare Saviour! who hath purchaſed loſt Heaven for me by thy bloud, and now poſſeſſeſt it for me in thy fleſh; Poſſeſſe my ſoule, I beſeech thee with thy holy ſpirit, That my converſation now may be heavenly on earth, and my habitation hereafter happy in ·aven. Say this Collect and miſſe it not.

) let me not for the periſhing pleaſures of vaine world, loſe an eternity of bleſſed es in thy preſence and Kingdome! Preſerve to it (deare Redeemer) who haſt prepared for me, even for thy mercies ſake, O Lord! *Amen!*

Monday-Service.

Of the miseries of this life.

Morning Prayer.

Say the Confession, and Lords Prayer.
Read for { *Psalmes* 120. 137. 129. / *Chapter or Lesson,* { *Genesis* 47. *or Job.* 14. *or Luke* 21. *or Acts* 20.
Then say the Creed.
After it the Collect or Prayer on the next page.
Then your daily Prayers.
Then conclude with this Prayer.——

O God whose nature and property is eve have mercy and to forgive, receive my hun petitions, and though I be tied and bound in chaine of my sins, yet let the pitifulnesse of great mercy loose me, for the honour of Je Christs sake my onely Mediatour and Adv cate. *Amen!*

Evening Prayer.

Say Confession and Lords Prayer.
Read { *Psalme* 39. 42. *or* 84. 102. / *Lesson. Lament.* 3. *or Rom.* 7.
Collect and Prayer, as before.
Then conclude with this Prayer——

Lighten my darkenesse, I beseech thee O Lord and by thy great mercy defend me from all p rils, &c.

Monda.

Monday. Collect or Prayer, touching the miseries of the World.

O Lord! with us is miserie, with thee is mercy! On earth all ill, in heaven all good! O for thy mercies sake, support me in all my miseries, and deliver me from my sinnes, the cause of them all. And of thy great goodnesse (I beseech thee) raise up my heart to covet and seek ;e good of heaven, that my hould and hope of nay comfort me against all the ills of the :h.

Let the bitternesse which I feele below, veine me from this evill world, and whet in me a holy appetite to the pure sweets and joyes vhich be above. And in thy good time fill my soule with those blessed solaces, I beseech thee, even for his blessed merits and mediation sake, who is my onely joy and hope in heaven and earth, Jesus Christ my deare Redeemer and Advocate. *Amen!*

Tuesday-Service.

Against the Vanities of the World.

Morning Prayer.

Say the Confession, and Lords Prayer.
Read { *Psalme* 4. & 39. *or* 37. 102. 104.
Lesson. Ecclesiastes 1. & 2. *or any other Chapter of it. or Matth.* 16.
Collect or Prayer, on the next page.
Then your daily Prayers.
And conclude as on Monday.

Evening Prayer.

Confession, and Lords Prayer.
Psalme 52.
Lesson. 1. *Tim.* 6. *or Luke* 12.
Collects as before.

Tueſday Collect or Prayer, againſt the Vanities of the World.

O Lord, who haſt made this world for me, and me for another: let me not be carried away with the vanities of that world which cannot content my ſoule, and will not continue with me! O let my heart be fixed on higher things, never to be moved with worldly vanities! That when this world ſhall end to me, or I to it; I may enjoy thoſe honours, and joyes, and goods, which ſhall never end, with thee, thy Angels and Saints in a better world, Through Jeſus Chriſt. *Amen!*

Wednesday-Service.

Fit for these sad times.

Morning Prayer.

Rise sooner this, then other daies.

Before you go to Church-prayers say this service.

Say first, the Confession and Lords prayer.

Then read { *Psalmes 71. 73. 74. or 124. 125. 126. 129.* / *Lesson: Dan. 9. or Exra. 9. & 10. to 7th verse. or 2 Chron. 36. or Jer. 14.*

After say the Creed.

Then the Collect on the other page.

Your daily prayers.

Your prayer for sea.

And if you will make it a fasting day, or of more Solemne humiliation and seeking God, then,

Say the Litanie and 10 Commandements.

Read for an { *Epistle. Joel. 2. or Jonah. 3.* / *Gospell. Luke. 13. or Mat. 24.*

Then the Prayer for the Catholique Church.

When you have beene at Church prayers, forbeare your dinner for that day, and in that time,

1. *Read some Scriptures, which may put you in mind of the miseries of the age, as Deut. 28. Jos. 7. Jud. 20. or some Godly Bookes.*

2. Meditat-

2. *Meditate with your ſelfe, and call to mind the moſt Memorable mercies of God to you all your life.*

1. *In your Deliverances from dangers, ſickneſſes, &c.*

2. *In the Bleſſings of your birth, marriage, condition, &c. And lift up your heart to God for theſe in all humble thankfulneſſe.*

Call to minde the Greateſt ſinnes of your life, and for them aske pardon; and your preſent wants, and beg ſupplies.

3. *After, doe ſomewhat which may give you eaſe, ſo it be private, not pleaſant.*

Wedneſday-Collect or Prayer, fit for theſe ſad times.
See before pag.

Say Confeſſion, and Lords prayer. Evening Prayer.
Read Pſalmes 77. 78. *or* 70. 98. 83. *or* 137. 140. 141.
Leſſon. 1 *Cor.* 10.
Collects as before. 1 *for the day.* 2 *daily prayers.* 3. *For the ſea.*
Conclude as before.
After go to Church-prayers.
Eate a ſupper leſſe then ordinary.
Send ſome Almes to the poore.
At Bed-time your prayers ordinary.

Thurſday-

Thursday-Service.

About Death.

Morning Prayer.

Confession, and Lords Prayer.
Psalmes. 39. 49.
Lesson. Genesis. 3. or Luke 16.
The Collect on the other page.
Then your daily prayers.
And your Sea-prayer.
And conclude as formerly.

Evening Prayer.

Confession and Lords prayer.
Psalme. 90.
Lesson. Rom. 5.
Collects and prayers as before.

O Lord,

Thursday. Collect or Prayer about Death.

O Lord, who hast appointed all to dye, make me ever mindfull of my dissolution; that I may lesse love the vanities of this, and more seeke the felicities of a better life; where deaths and distresses are not, but we shall be as the Angells of God, healthy and vigorous, and happy for ever!

O let me every day so live, that I may come to that life when I dye! And, because the best-lead life may have need of some time to prepare for death; of thy great mercy I beseech thee, Keepe me from an unprepared heart, and unexpected end. Even for his sake, who himselfe had the horrour of death, Jesus Christ my Lord. *Amen.*

Friday-Service.

Of Judgement to come.

Morning Prayer.

Confession and Lords prayer.
Psalme. 50.
Lesson. Daniel. 12. *or Mat.* 25. *or Act.* 17.
Collect on the next page.
Then your daily prayer. And the sea prayer.
After the Letanie.

Evening Prayer.

Confession and Lords prayer.
Psalme. 98. 99.
Lesson. Eccles. 12. *or* 2 *Cor.* 5. *or* 2 *Thes.* 1.
Collects as before.
Conclude as before.

Friday-Collect or Prayer.

Of Judgement to come:

O Lord Almighty! who haſt determined a day wherein thou wilt bring all men and things to judgement; Make me to try my ſoule daily, at the barre of my conſcience, that judgeing my ſelfe for my ſinnes, thou maieſt not condemne me at thy dreadfull tribunall.

And Lord, let that day be often in my thoughts, that the feare of it, and thee, may be ever before my eies, and my conſcience may be kept more cleane, by the power of that feare. Even for his mercies ſake, who was my Redeemer, ſhall be my Judge, and is my Advocate, Jeſus Chriſt my Lord. *Amen.*

Saturday-Service.

Morning Prayer.

Of the Paines of Hell.

Confession, and Lords Prayer.
Psalmes. 11. *&* 2.
Lesson. Esay. 66, *or Luke.* 16.
Collect on the other page.
Then your daily prayers.
Conclude with the Lords Prayer.

Evening Prayer.

Confession, and Lords Prayer.
Psalme. 9.
Lesson. Mark. 9. *or Mat.* 24.
Collects as before.
Conclude with, Lighten our darkenesse, &c.

Saturday-Collect or Prayer.

Of the Paines of Hell.

O Dreadfull Majestie! that hast Earth for thy footstoole, and Hell for thy Prison; of thy mercy forgive me that guilt, which in thy justice would bring me to that fearefull gaole!

Lord make me often thinke of Hell, that I may never come to it! And let me seriously muse on those eternall fires, that I may carefully avoid them, and sinne the fuell of them, and way to it.

O suffer me not to buy any sinne so deare on earth, as to lose Heaven by it, and suffer in Hell eternally for it! Deare Saviour! that hast triumphed over it, preserve me from it, by the merits of thy pretious blood and passion, O Lord. *Amen.*

Sunday. Service.

Against Neglect of Gods Service.

Morning Prayer.

Confession, and Lords Prayer.
Psalmes; 5. 27. 42. 122.
Lesson. { *Genesis.* 28. *or Jerem.* 7. *to* 17 *verse.*
{ *Mat.* 11. *to* 17. *verse.*
Collect or prayer on the next page.
Your daily praiers.
Conclude with the Lords Prayer.

Evening Prayer.

Confession, and Lords Prayer.
Psalme. 95.
Lesson. 1 *Cor.* 11. *to verse.* 23. *or Heb.* 6. *to v.* 32.
Collects as before.
Conclude as then.

Collect

Collect or Prayer, againſt Neglect of Gods Service.

O Lord! Thou haſt devoted a Time and Place to thy worſhip, and holineſſe becometh thy houſe for ever!

Make me ever carefull to pay thee then, and there, the dues and duties of Religion, which I owe thee. Solemnely waiting on thy Majeſtie amongſt thy Servants, in thy Court and Sanctuary. Let me be diligent in thy ſervice and reverend at it! That, as thy Saints and Angells in heaven inceſſantly ſerve thee, I may with thy Saints on earth conſtantly worſhip thee, till we all come together for ever to adore thee. Even for his ſake, whoſe meat and drinke it was to ſerve thee, Jeſus Chriſt our Lord. *Amen.*

Remedies against Neglect of Gods Service.

1. God will find no *time* to save us, if we find no *day* to serve him [a].

2. Have we *six* in a weeke, and shall not God have *one* day [b]?

3. Publique worship is the *Pillar* of Religion, and High Service of Almighty God [c].

4. If every one take away his *stone* we shall pull downe the pillar, to the ruine of Religion [d].

5. In the *Church* we are before Gods *face*, as well as mans [e].

6. It is both a *Scandall* to man [f] and *Scorne* to God [g], to be irreverent in the Church; to dare and jeere God to his face.

7. The truest *picture* of the Saints with God in Heaven, is a Congregation, devout at Gods worship on earth [h].

8. We cannot doe better then to go to *Heaven*; nor worse, then to doe any thing ill or unseemly in it [i].

9. The Devills *misbehaviour* in Heaven, cast him into Hell [k].

10. He that *laughs* in the Church is *tickled* by the Devill *.

[a] Psal. 2. 11, 12. Act. 26. 20.
[b] Exod. 20. 9.
[c] Gen. 4. 26.
[d] Lam. 2.
[e] Psal. 95.
[f] 1 Cor. 11. 22.
[g] Eccl. 5. 1, 2.
[h] Apoc. 4. 10.
[i] Gen. 28. 17.
[k] Jud. v. 6.
* *Risus in Ecclesia Diaboli opus est.*

Monday

Monday-Service.

Againſt Procraſtination.

Morning Prayer.

Confeſſion, and Lords Prayer.
Pſalme 95.
Leſſon. Proverbs 1. *or Matth.* 24. *from verſe* 36. *to Matth.* 25. *verſe* 14.
Your daily Prayers.
Prayer, on the other page.
Conclude as you uſe.

Evening Prayre.

Confeſſion, Lords Prayer.
Pſalme 4.
Leſſon. Acts 24. *verſe* 22. *to the end. or Apoc.* 2. *verſe* 18. *to the end.*
Prayers as before, and ſo conclude.

Prayer againſt Procraſtination.

LOrd, keepe me from the delayes of holy and neceſſary duties! Make me to conſider, how many are now periſhing in hell, for neglecting the times of thy gracious viſitations on earth! That whileſt the ſpirit of grace and life blowes on me, I may improve that breath to purchaſe my ſelfe an eſtate in the life of glory and immortalitie. Even for his ſake who lingred no time to ſhed his bloud to ſave me, Ieſus Chriſt our Lord. *Amen*!

Remedies against Procrastination.

1. IT is *unworthy* God. He calls to day [a], and you will come to morrow? The Devill shall have the *floure* [b] of age, and God the *bran*?

2. It is *unsafe* for man. The Adventure of an immortall soule, upon two great uncertainties to come; Having my breath [c] and Gods Spirit [d]: If either faile, I am lost for ever. And God knowes! Innumerable soules are thus lost *.

3. It is *unwise*. The house of my soule is set on fire [e] with guilt to day, and will quench it to morrow? I fall into the pudle [f] of sinne this weeke, and will rise the next?

4. It is *uncomfortable*. For the longer I keepe off from God,

1. Gods *acceptance* is more doubtfull. He is for first-fruits [g], and firstlings.

2. Mans *performance*, is more difficult. Because Satan hath the greater power over me [h], and sinne in me [i]. By the strength of Custome [k], which it is a miracle to conquer *.

3. *Repentance* hath a greater taske: more

[a] Psal. 95. 7.
[b] Levit. 2. 1.
[c] Prov. 25. 1. James 4. 13.
[d] Joh. 3. 8.
* *Casarius* (*Innumerabiles animæ sic periêre.*)
[e] Isa. 9. 18.
[f] 2 Pet. 2. 22.
[g] Levit. 2. 12.
[h] 2. Tim. 2. 26.
[i] Prov. 5. 22.
[k] Jer. 13. 23.
* S. *Bern.*

ſpots to waſh [l], knots to looſe [m], roots to diggs [n], foes to kill [o]. Sinne in time, of a childe growes a gyant for ſtrength, and Luſt ſpaunes like a fiſh in number. If it be now ten ſtrong, next yeare it will be an hundred, and the next yeare a thouſand, &c.

4. The beſt fruit of ſinne is repentance [p], the reſt is ſhame [q], and death.

5. It is *unprofitable* at beſt. For the leſſe ſeed the leſſe harveſt [r]. The leſſe good, the leſſe glory [s]. And the more Springs and opportunities I loſe, the more ſeed-times of good [t]. So I reap leſſe comfort of what is paſt [u], and reward to come [x].

l Iſa. 1. 16.
m 2. Pet. 2. 20.
n Jer. 4. 5.
o 1. Pet. 2. 11.
p 2. Cor. 7. 8, 9.
q Rom. 6. 21, 23.
r 2. Cor. 9. 6.
s Rom. 2. 7
t Gal. 6.
u Iſa. 38. 3
x Luk. 19. 16.

Tueſday-

Tueſday-Service.

Againſt Anger and evill-ſpeaking.

Confeſſion, and Lords Prayer. Morning Prayer.
Pſalmes 4. 103.
Leſſon, Gen. 4.
Collect or Prayer on the next page.
Your daily Prayers.
Conclude with the Lords Prayer.

Confeſſion, and Lords Prayer. Evening Prayer.
Pſalmes 2. 124.
Leſſon, Epheſ. 4. *or* 1 *Pet.* 3. *from* 8. *verſe. or James* 1.
Collect as before.

Prayer againſt Anger.

LOrd! keepe all undue paſſions out of my minde and mouth! Make me to thinke how often thou doſt pardon thoſe that provoke thee, that my anger may not forthwith burne againſt every one that doth offend me: But that I may be like thee my heavenly father in meekneſſe and mercy: Even for his ſake, who was the great Example of both, The Lamb of God, Ieſus Chriſt our Lord. *Amen!*

Remedies againſt Anger.

1. *To loath it*: Conſider two things, point of
1. *Honour*. as,
1. Holy anger makes a Saint [a]; other, a beaſt and bedlam [b].
2. Wrath ſhuts God out of the heart, and lets in the Devill [c].
3. To rule it, is to be above a Conquerour; to ſerve it, below a ſlave [d].
2. *Danger*.
1. It is againſt health [e] and grace [f]; and ſo an enemy both to body and ſoule.
2. Kindling of it within is dangerous, but flaming out in words and deeds condemned by Chriſt the Judge, to hell-fire [g].
2. *To leave it*: Endeavour three things.
1. *Prevent it*.
1. Expect injuries and provocations. So they move leſſe [h].
2. Suſpect reports. They make a little, more [i]; as *Ziba* did [k].
3. Value wrongs aright, as unfit or not worthy anger; but ſcorne, if ſmall; and pitty, if great; and if they come from men angry,

[a] Pſal. 106 30. Num. 25. 8.
[b] Prov. 27. 4.
[c] Epheſ 4. 27. 30, 31.
[d] Tit. 3. 2, 3. Pro 14. 29
[e] Pro. 19. 19.
[f] James 1. 20. Pro. 29. 22
[g] Matth. 5. 22. Gal. 5. 22.
[h] Mark 13. 22.
[i] Prov. 26. 21, 22. & Pro. 16. 21.
[k] 2. Sam. 13. 3.

take them as blowes from the hands of madmen.

In compariſon of injuries done to God, what are ours? and woe were we, if he were alwayes angry[l].

l Pſal. 7. 12. 130. 3.

4. Cut off occaſions[m], as *Cotys* brake his Venice-glaſſes.

m Pro. 22. 24.

5. Avoid ſelfe-love, which gives our wrongs too great a valew[n].

1. Theſ. 5. 22.

n Gen. 4. 24.

2. *Divert it.* (as bleeding at noſe, by opening a veine in the arme.)

1. To another paſſion: as joy, pitty, ſcorne[o].
2. To another occaſion: ſet minde on ſomething elſe.
3. To another injury: againſt God, be angry at ſin[p], and particularly, at anger, ſo deform'd a ſinne *.

o Luk. 9. 55.

p Matth. 6. 23.

* *Iraſcor ira*, Naz.

3. *Delay it.* Hold our ſelves in ſuſpenſe and ſilence, and doe and ſay nothing in anger.

This was *Auguſtus* his cure. Preſcribed by the Philoſopher *. If you be angry,

* *Athenodorus.*

1. Say over the Alphabet, before you ſpeake or do any thing.
2. Say over the Lords Prayer, ſayes the Divine, and marke the fift Petition, or ſome leſſon of Scripture, as *Matth.* 5. 22.

Wednesday-Service.

Against Pride.

Morning Prayer.

Confession, and Lords Prayer.
Psalme 73. to verse 20. & Psalme 131.
Lesson. Isaie 14. or Acts 12. or Luke 18. to 19. verse.
The Collect or Prayer on the next page.
Your daily Prayers.
The Letanie.

Evening Prayer.

Confession, and Lords Prayer.
Psalmes 86. 138.
Lesson. James 4. or 1 Pet. 5.
Collects as before.

Prayer againſt Pride.

LOrd, keepe me from the ſinne of Pride, which threw Angels out of Heaven, and Man out of Paradiſe; leſt it caſt me headlong into the depths of thy diſpleaſure, and barre my ſoule of both!

O let me who am nothing but a miſerable body and ſoule (a lump of ſinnes and woes) let me never exalt my ſelfe before, or againſt thee: Without whoſe goodneſſe (but one minute) my fleſh would fall to the earth, and my ſpirit lye in hell for ever, without thy mercy.

Preſerve by theſe thoughts an humble ſpirit in me, ſuch as thou maiſt reſpect on earth, and hereafter advance unto thy glory. Even for his ſake who ſo abaſed himſelfe for my pride, Jeſus Chriſt our Lord. *Amen!*

Remedies against Pride.

1. Know what Pride is. A sinne abhominable, as that which is,
   1. Gods hate. Others sins fly God, but this flyes at God *, and God at it [a].
   2. Mans bane. It went before the fall of Angels [b] and *Adam* [c], and doth goe before destruction [d].
   3. Christs scorne. In his birth, life, death; all humility, nothing of pride; much against it.
2. Know what we are, and there is no cause of pride.
   1. Not for our Ills. And our
      1. Bodies are Baggs of phlegme and choler, poore and vile [e].
         1. I am quickened dust, and shall be dead [f].
         2. One worme was my beginning, and many will be my end; and much woe betweene [g].
      2. Soules be Cages of uncleane lusts, and errours [h]. Nests of Serpents and Vipers [i].
      3. Bodies and Soules both, have what should humble us.
         1. My body is subject to a thousand sicknesses

* S. *Greg.*
[a] 1 Pet. 5. 5
[b] Jude, v. 6. Isaie 14.
[c] Gen. 3. 5, 6.
[d] Prov. 16. 18.
[e] Phil. 3. 21.
[f] Gen. 3. 19
[g] Job 25. 6 Job 19. 26
[h] Gen. 6. 5
[i] Isa. 49. 4, 5.

neſſes and ſorrowes, but my ſoule to ten thouſand times more ſinnes, and wounds, and weakneſſes, and falls [k].

2. A Grave will be the end of my Body [l], and Hell (without pardon) the end of a ſinning Soule [m].

2. For goods or perfections of body or ſoule, no cauſe to be proud: becauſe they are all of them,

1. Gods gifts, (whether of nature, fortune, or grace [n]) ſo they are my debt [o], for which I owe the Doner my thanks. (Pride payes my ſelfe the glory [p]:) and they are my charge [q], for which I owe God the uſe, and for that muſt be carefull and fearefull (not proud.)

2. Pride is the way to loſe the good I am proud of: honour, beauty, eloquence, grace; &c. as we ſee in *Nebuchadnezzar, Herod, Goliah, David, Peter, &c.* [r]

3. Know what we are comparatively, with

1. Others. Our betters of more virtue, if leſſe beauty, glory.

2. God. Before whom Angels cover their feet and faces [s].

k Rom. 7. 24. Pſal. 19. 12 Pſal. 40. 12

l Pſal. 49. 14.

m Mat. 3. 7, 8.

n Jam. 1. 17 1 Cor. 4. 7.

o Luk. 16. 2

p Act. 12. 23.

q Mat. 25. 15. Mat. 18. 27

r Dan. 4. 31. Act. 12. 23 1 Sam. 17. 42. Pſal. 30. 6, 7. Matth. 26. 33, 34.

s Iſa. 6. 2. Gen. 18. 27. Job 40. 4.

Thurſday-

Thurſday-Service.

Againſt Preſumption.

Confeſſion, and Lords Prayer. Morning Prayer.
Pſalmes 7. 19.
Leſſon, Deut. 29. from 10 verſe. or Levit. 26. or Matth. 24.
Collect on the next page.
Your daily Prayers.
Conclude as you uſe.

Confeſſion and Lords Prayer. Evening Prayer.
Pſalme 68.
Leſſon, 1. Theſſ. 5.
Collect, as before.

Prayer

Prayer againſt Preſumption.

KEepe me O Lord from carnall ſecurity! If I fall into ſinne, let me not lye in it, out of a preſumption of thy mercy; but doe thou awake me to repentance, and raiſe me in thy goodneſſe.

And ſince repentance is not in my power, make me fearefull to fall into ſinne in hopes of thy grace and mercy; and more afraid to lye in it, if I fall; leſt I ſleepe in it without feare, till ſome ſudden judgement awake me, and preſent the horrour of eternall death before me!

From a Lethargy in ſinne, O thou holy Phyſitian of ſoules preſerve me, now and ever deare Saviour I beſeech thee. *Amen!*

Remedies against Presumption.

1. It is the Devils lullabie, to sleepe out the time of Salvation, as did the five fooliſh Virgins [a].
2. It is the Devils high way to deſperation [b].
3. None but a poyſonous ſpirit, will ſuck the ſtrength of ſin, out of the flower of mercy [c].
4. It is to make quarrels amongſt Gods Attributes, in the confidence of mercy, to put contempt on juſtice [d].
5. It is to leave the ſoule at laſt without all hope of ſuccour and ſanctuarie; becauſe, guilt dares not fly to offended juſtice [e], and hath no refuge elſe, but abuſed mercy [f].
6. Gods beſt Saints have beene fearing men, and ſhall ſinners be preſumers? See it in *Job* [g], *David* [h], *Paul* [i], and others.
7. I preſume of that which is not mine but Gods, life [k] and grace [l]: without either of which I am undone for ever [m]; and yet I provoke God, without whoſe mercy I can have neither [n].
8. Who will give his head a mortall wound [o], in hope to finde a ſoveraigne balme? yet I give my ſoule certaine wounds, in hope of uncertaine remedies [p]?

a Matth. 25.7.
b Prov. 1. 28.
c Eccleſ. 8. 11.
Iſa. 1. 2.
d Rom. 2.4
e Gen. 3.10 Apoc. 6. 16.
f Rom. 2.4
g Job. 9. 28.
h Pſal. 119 20.
i 1. Cor. 9. 27.
k James 4. 14, 15.
l 2. Tim. 2. 25.
m Eph. 2.5
n Rom. 2.5
o Iſa. 1. 6.
p Jer. 51. 8, 9.

Friday-

Friday-Service.

Againſt Deſperation.

Morning Prayer.

Confeſſion, and Lords Prayer.
Pſalme 103.
Leſſon. Jeremie 3. *or Mica* 7. *or* 2. *Chron.* 33. *or Luke* 7. *from the* 36. *verſe.*
Your daily Prayers.
The Collects or Prayers on the next page.
The Letanie.
Conclude with it.

Evening Prayer.

Confeſſion and Lords Prayer.
Pſalmes 130. 147.
Leſſon. 1. *Tim.* 1.
Collects as before.

1. *Prayer againſt Deſperation.*

LOrd keepe me from deſpairing of thy mercy! Let me not ſeeke at once to deſtroy my ſoule, and my Saviour, by believing my ſinnes to be ſo great, as thy mercy cannot pardon; or my conſcience ſo foule, as his bloud will not purge!

Preſerve me, from all ſinnes, O Lord! but from this above all, I beſeech thee, for his ſake who is the hope of Iſraël, and of all that dwell in the ends of the earth, Jeſus Chriſt our Lord. *Amen!*

2. *Prayer againſt Deſperation.*

O Lord! I have beene a great offendour, but let me not be a deſperate ſinner! I have moſt wickedly provoked the eyes of thy glory, but let me not more wickedly ſhed the bowels of thy mercy! Thy Law hath beene caſt behind my backe, but O let not thy bloud be trampled under my foot.

Thou keepeſt the gate of mercy open, let not me ſhut it upon me! Thou haſt not yet caſt me in.

in, keepe me from leaping into the pit of perdition! Though guilts and ſtaines have made me blacke as a fiend, yet am I not in hell, out of which there is no redemption. Deare Saviour! with thee is mercy and plenty, for the whole world of ſinners; much more for one, though the greateſt ſinner of the world. Revive that ſoule with thy grace, which thou didſt ranſome with thy bloud! Reſcue that poore ſoule by thy mercy, for which thou haſt ſatisfied in thy juſtice! Waſh off my ſtaines, break off my bonds, pull off the chaines of Satan, deliver me from my ſinnes. That I may live an Example of thy mercy, a Comfort to poore penitents, a Joy to the Angels, a Companion to the Saints, and Servant to thy Majeſtie. So be it deare Saviour! *Amen. Amen!*

Remedies

Remedies against Desperation.

1. The sinne of Hell. In the dead and damned, not fit for them that live on earth [a], who may be in a state damnable, but not condemned without hope to be saved: then the Judge would not let them live [b].

2. The sinne against Heaven. Not a treason against God, but a murder of the Godhead. In which *Judas* sinned more, then in his Treason*.

3. The sinne on earth capable of a cure, two waies; by Consideration, and Caution.

1. *Consider.*

1. If I have a world of sinne to damne mee, God hath a Sea of mercy to drowne it [c].

2. No staines or guilts can make my Soule so much vile, but Christs bloud is more precious [d].

3. The *Remedie* of *Repentance* [e], by the power of that mercy, and vertue of that bloud, hath cured most damned and desperate sinnes and sinners. *David's* [f], *Peter's* [g], *Manasseh* [h], *Magdalen* [i], *Paul* [k] and others.

2. *Beware*, before, of the sinne of——

1. Presumption. From which precipice of

a Eccles. 9. 4. Ps. 42 11. Ier. 18 12.
b Jud. 13. 23.
* Saint *Hiereme.*
c Mic. 7. 18.
d Ro. 5. 9. Heb. 9. 13. 14. 1 Pet. 1. 19. 1 Joh 1 7. 9.
e Isai. 1. 16. Acts. 2 38.
f Psal. 51. Psal. 32. 5. 2 Sam. 12. 13.
g Mat. 26. 75.
h 2 Chr. 33. 12.
i Luk. 8. 2. Luk. 7. 37. 47.
k 1 Tim. 1. 13.

falſe hope, are the moſt fatall and fearefull falls into deſpaire [l].

l Job. 11. 10.

2. Under the temptation to deſpaire, take heed of concealing the conflict; for, wo to me if when I have my ſelfe and the Devill my foe, I have no man of God to friend. Violent ends and deaths, had beene cured by ſuch confeſſions.

m Prov. 28. 13.

Act. 16. 27. 30.

Saturday:

Saturday-Service.

Againſt Idleneſſe.

Confeſſion, and Lords Prayer. Morning Prayer.
Pſalme. 104.
Leſſon. Geneſis. 2. *or Prov.* 6. *or Ezek.* 16. *to* 49 *verſe. or Mat.* 20. *to* 17 *verſe.*
Collect or Prayer, on the next page.
Then your daily Prayers.
Conclude with the Lords Prayer.

Confeſſion, and Lords Prayer. Evening Prayer.
Pſalme 147.
Leſſon. 2 *Theſſ. or* 1 *Tim.* 5.
Collects as before.

Prayer againſt Idleneſſe.

O Lord! who haſt made all things for action, and man above all to be employed in holy and laudable doings; Keepe me from the much evill of an idle life! Let me not ſpend my precious daies in vaine, but improve them in ſuch labours as may be proper to my condition, profitable to others, and above all, ſuitable to thy ſervice, and availeable to my eternall ſalvation.

O let me redeeme what is loſt of my time, and ſpend the remaines of that precious treaſure to the uſe for which thou giveſt me to live in this world, even to purchaſe my ſelfe happineſſe in the world to come: Through the merits of him, whoſe life was a continuall labour to do all good to mankinde: Jeſus Chriſt our Lord! *Amen!*

Remedies againſt Idleneſſe.

1. *Againſt all Idleneſſe.* Conſider
   1. To live an idle life, is to be buried whil'ſt we live[a]. [a] Mat. 25. 30. 1 Tim. 5. 8. 13.
   2. Time is a Treaſure: for the waſting whereof, we muſt one day dearely anſwer[b]. [b] Eph 5. 16.
   3. If we be idle towards God, we ſhall be buſie for the Devill. For man is of an active ſpirit, and will not be every way idle[c]. [c] Joh. 6. 27.
2. *Againſt Idleneſſe in our Vocation Temporall.*
   1. It is the Devills cuſhion on which he ſits and ſhapes the ſoule to all Temptations[d]. [d] 1 Tim. 5. 13.
   2. It is the ſpaune of luſt. as ſtanding waters corrupt ſooneſt, and ſwarm with loathſome creatures[e]. [e] 2 Sam. 11. 2.
   3. It is the ſhame of a man. A baſeneſſe below all creatures, from the Emmet to the Angell. Mans nobleneſſe in Paradiſe, admitted not of Idleneſſe[f]. [f] Gen. 2. 15.
   4. It will be his woe. Often the mother of want in this world[g], and allwaies of everlaſting beggerie in the world to come. No labour in the Vineyard, no penny[i]. Hide the Talent, and loſe all[k]. [g] Prov. 24. 34. Mat. 25 8. [i] Mat. 20. 3. 9. [k] Mat. 25. 28.

3. *Against Idleneſſe in our Vocation Spirituall.*

1. Heaven is worth your labour[l]. (Eternity the expence of a little time[m].)
2. It is not to be had without it[n]. And woe to us if it be not had[o].
3. Life is the Time of labour[p], and God knowes how long that will laſt[q].
4. The labour we ſpend to goe to hell, will bring to heaven: as much in Gods ſervice, as on our owne luſts and ſinnes[r].
5. All ſinnes are ſtops and ſtumbling blocks in our way to heaven, to remove which, requires great labour[s].
6. Chriſt tooke paines to ſave thy ſoule[t], the Martyrs ſwet and bled to ſave theirs[u], wilt not thou ſweat to ſave thine owne?
7. The Devill is ever buſie to deſtroy thy ſoule[x], wilt thou take no paines to ſave it?

l Apoc. 3. 11.
m Apoc. 2. 10.
n Phil. 2. 12.
Apoc. 3. 21.
o Mat. 26. 24.
p Joh. 9. 4.
q Luk. 12. 20.
r Pro. 4. 16
ſ Ezek. 7. 19.
t Luk. 2. 49. & Luk. 22. 44.
u Heb. 11. 33. 34.
x 1 Pet. 5. 8.

Seaven Services againſt ſeaven other Sinnes.

Sunday-Service.

Againſt Laſciviouſneſſe.

Confeſſion, and Lords Prayer. Evening Prayer.
Pſalme 106.
Leſſon. Ezek. 16. *or* 2. *Sam.* 12.
Prayer or Collect on the next page.
Your daily prayers.
Conclude as you uſe.

Confeſſion, and Lords Prayer. Morning Prayer.
Pſalme 51.
Leſſon. 1. *Cor.* 6. *or Hebr.* 13.
Collects as before.

Prayer againſt Laſciviouſneſſe.

LOrd, keepe me from all filthineſſe of fleſh and ſpirit, that before men and thee who diſcerneſt both, I may appeare pure and undefiled: a chaſt Spouſe to thee, not to be tempted to any acts or luſts of uncomlineſſe, or unworthineſſe, which be ill in thy eyes, that are ever upon me!

O let me be pure and holy in all manner of converſation as thou art holy, that in the great day of tryall thou maiſt not diſclaime me, but oune me, and take me to thy glory; for the merits of thy Holy One and Undefiled, Jeſus Chriſt our Lord! *Amen.*

Remedies

Remedies againſt Laſciviouſneſſe.

1. *Generally.* The ſinne of unchaſtity is vaine, foule, fearefull, and prevailing: for,
   1. The more luſt is ſerved, the leſſe ſatisfied [a].
   2. It's called particularly, *filthineſſe*, and *uncleanneſſe* [b].

It is ſacrilegiouſly to make the Body ('Gods Temple) a Stewes; and that is the vileſt filthyneſſe [d].

   3. It is a ſhort pleaſure for everlaſting paine [e]; yet this fire is the end of that fleſhlineſſe [f].

Beſides a foule conſcience, it wounds health, honour, ſtate; waſting the balſame of life, bleſſing of wealth, and oyntment of a good reputation [g].

   4. It is a ſtrong luſt in the aſſault, and commonly gets the victory. Nature concurring with the ſtrength [h].
   5. The holy Martyrs could no more be tempted by pleaſures, then tortures. But,

2. *Particularly.* In a married condition it is every way worſe.
   1. Not onely Damnation, in another world [i]; but

a Ezek. 16 28.
b Apoc. 17 14.
1 Theſ. 4. 7
c 1 Cor 6. 18, 19,
d 1 Cor. 3. 17.
e Heb. 11. 24.
f 1 Cor. 6. 9. Heb. 13. 4. Apoc. 21. 8
g Prov. 5. 8, 9, 10. Pro. 6. 26, 32, 33.
Job 31. 9, 10, &c.
h Pro. 7. 21 2 Sam. 11 2.
i Apoc. 21 8.

but present Death [k] in this, by the Law of God; and man too, in many places.

2. It tends to the confusion of mankinde. Incest, &c [l].

3. The dumbe creatures are true to their Mates.

3. *The Cure of both* is the same. To kill the sinne

1. In the Egge. Stifle the first thoughts and motions of lust [m], (no Bird but was first an Egge.)

2. In the hatching. Take heed of the things that beget and nourish lust. Covenant with the eyes [n] against lascivious Persons, Pictures, gestures: stop the [o] eares against lustfull Songs, Discourses, Devices. Keepe the heart [p] from being idle, and the body from excessive sleeps, and meats, and drinks, or such as are knowne to be provocative [q]. Temperance and Sobriety are great friends to Chastity.

3. Tempted. Thinke that thy Keepers eyes are upon thee; with *Joseph*, that God sees thee [r], and will judge thee [s]. Thou wilt blush if but a child behold thee.

[k] Joh. 8. 5. Levit. 20. 10.
[l] Gen. 38. 16.
[m] Matt. 5. 28.
[n] Job 31. 1.
[o] Pro. 7. 21.
[p] Pro. 6. 25
[q] Pro. 23. 33.
[r] Gen. 39. 9.
[s] Prov. 5. 20, 21.

Monday

Monday-Service.

Againſt Malice.

Confeſſion, and Lords Prayer. Morning Prayer.
Pſalmes 7. 10.
Leſſon. Proverbs 24. *or Matth.* 5. *from* 43. *verſe.*
Prayer, on the other page.
Four daily Prayers.
Conclude with Lords Prayer.

Confeſſion, Lords Prayer. Evening Prayer.
Pſalmes 35. 62.
Leſſon. 1 *Cor.* 5. 8. *or Titus* 3. *or* 1 *Pet.* 2.
Collect as before.

Prayer

Prayer againſt Malice.

O Thou Divine Goodneſſe, keepe me from Malice, the very Soule of Satan, and proper ſinne of the Devill!

Thou O God art Love: He then is Hatred; and if malice be in me, I ſhall be as he is; one, whom (unleſſe thou hateſt thy ſelfe) thou canſt not love. From ſuch a deteſtable and damned diſpoſition, Lord deliver me! Let not Satans brand be on my breaſt, and his ſoule in my body; leſt being marked for him, he ſeize me as his owne, and take me, and carry me from thee body and Soule! Lord ſtamp thy love on my heart, that I may be ſealed for thee, and as thy owne, claimed by thee. And ſince this is the Cogniſance of thine, to love one another, let me not weare his Badge in a viſible malice to any, that all may know that I am thine. A child of thy Family, a Dove of thy flocke, a Lambe of thy fould, without gaule, or minde to doe miſchiefe to any. Delighting like thee, to do good to all. Even for his ſake who did wiſh and doe evill to none, Jeſus Chriſt our Lord. *Amen!*

Remedies againſt Malice.

1. It is a Toade ſwelling with venome in the heart. To God who is Love[a], more odious, becauſe like the Devill, moſt abhominable. (The Devils heart in mans body.)
2. To caſt and keepe out this venome of the Serpent.
   1. *Conſider.*
      1. Men are mortall, their enmities therefore ſhould not be immortall[b].
      2. Men are mutable. Whom now I hate, I may hereafter need; (as in *Joſeph*[c] and *Jeptha*[d].
      3. Men are amiable[e]. All after Gods Image[f], and bought by Chriſts bloud[g].
      4. No man is the Chriſtians enemy[h]. As God, he hates the ſinne, not the man.
      5. If there be antipathie in nature, it muſt be maſtered by grace[i], which muſt doe miracles to nature.
   2. *Beware*,
      1. Of Anger. That if it kindle, it continue not to be wrath, and ſo coole into malice[k].
      2. Of men of Malice, ſet upon miſchiefe[l].

[a] 1 Joh. 4. 8. 1 Joh. 1. 12.
[b] Epheſ. 4. 26.
[c] Gen. 42. 6.
[d] Jud. 11. 7
[e] Pro. 8. 31
[f] Gen. 9. 6.
[g] Heb. 2. 9. Rom. 14. 15
[h] Matth. 5. 44.
[i] Gal. 5. 24
[k] Epheſ. 4. 26.
[l] Prov. 4. 15, 16.

Tueſday-

Tueſday-Service.

Againſt Revenge.

Morning Prayer.

Confeſſion, and Lords Prayer.
Pſalme 94.
Leſſon, Deut. 32. *from* 35. *verſe. or* 1 *Sam.* 24. *Luke* 18.
Collect or Prayer on the next page.
Your daily Prayers.
Conclude with the Lords Prayer.

Evening Prayer.

Confeſſion, and Lords Prayer.
Pſalmes 18. *from* 47. *verſe.*
Leſſon, Rom. 12. *or Heb.* 10. *from* 30. *verſe.*
Collect as before.

Prayer

Prayer againſt Revenge.

O Thou to whom vengeance belongeth, keepe me from a revengefull ſpirit, that I fall not into the hands of thy vengeance! And ſince my pitty, and patience, and pardon is thy will, let me not ſtudy revenges, and returnes of injuries!

Thou (O Meeke and Mercifull Saviour) didſt pray for thy bloudy enemies, O let me then forgive my greateſt foes! Committing my cauſe to thee, who wilt doe juſtice for me on them, if I ſeeke not revenge, and for thy ſelfe upon me, if I doe!

Thine O Lord, is the ſword of vengeance, and thine is the ſharpeſt ſword; O let me not dare to take it out of thy hand, leſt whileſt I ſtrike others, I fall juſtly by thy ſword! Though fleſh and bloud provoke me to it, let thy Holy Spirit hold me from it; and caſt and keepe out of me that evill ſpirit by thy power, O Good God and Saviour, of thy mercy! *Amen!*

Remedies

Remedies against Revenge.

1. The sin of Revenge strikes at God and Man.
   1. It invades Gods Prerogative, and takes his sword out of his hand [a].
   2. It is many wayes an injury to man. To his
      1. *Nature.* Borne without armes, to live without revenge. And even armed bruits agree with their kind, and Devils avoid quarrels.
      2. *Glory.* To passe by an injury [b]. Of all, the most excellent victory [c]. *Cæsars* noble memory to forget nothing but wrongs.
      3. *Peace.* The minde is disturbed and takes no rest [d].
      4. *Justice.* I am my owne Judge [e], and anothers Executioner.
      5. *Wisedome.* If my revenge fall on a *just* man, it toucheth God, his friend [f]. If he be *unjust*, my vengeance will make me so too.
2. Be a Christian, and you cannot do this sinne. Contrary to the Holy life and Law of Christ. For when much provoked,
   1. He check't his Disciples for calling for it [g].
   2. He commands *Charity* [h], to pardon wrongs; *Patience* [i], to suffer them; and *Kindnesse* [k], to conquer them.
   3. He forbids. *Selfe-love* [l] the mother, and *Wrath* [m] the father; both which beget and bring forth revenge.

a Rom. 12. 19.
b Prov. 19. 11.
c Prov. 16. 32.
Rom. 12. 22.
d Ester 5. 11, 12, 13.
e Prov. 12. 15.
f Zach. 2. 8
g Luke 9. 55.
h Joh. 15. 12.
i Luke 21. 19.
k Rom. 12. 20.
l 2 Tim. 3. 2.
m Eph. 4. 31, 32.

Wednes-

Wednesday-Service.

Against Envy.

Confession, and Lords Prayer. Morning Prayer.
Psalme 37.
Lesson. Proverbs 24. *or Matth.* 20. *from* 15. *verse.*
Prayer or Collect on the next page.
Your daily Prayers.

Confession, and Lords Prayer. Evening Prayer.
Psalme 73.
Lesson. Gal. 5. 20. *verse. or James* 3.
Collects as before.

Prayer againſt Envy.

O Lord! Becauſe thine eye is good, let not mine eye be evill! And that the Devils eye be not in my head, keepe envy out of my heart. The eye, by which he kill'd our firſt Parents, and would have us their progenie, to kill one another! O let me not grudge anothers good! if a friends, becauſe I love him; if a foes, becauſe he loves my griefe. Whoſoever it is, ſince it is the Diſpenſation of thy Providence, let me not repine and quarrell at the acts of thy Goodneſſe!

And, as for thy glory, ſo for my owne comfort too, let not that Ulcer grow on my heart, which will be as much my corraſive, as thy offence. Since I have enough as a man, to grieve my owne adverſity, let me not be my owne Devill ſo much as to torture my ſelfe with anothers proſperity; leſt on earth, a Hell of perpetuall torment ſeize upon me. From an eye ſo full of ſinne and paine, Lord deliver me, even from Envy, I beſeech thee, for Jeſus Chriſt his ſake. *Amen!*

Remedies againſt Envy.

1. A Snake in the heart, poyſoning the fountaine of action[a], and ſtinging the mind, to the waſting of the ſpirits[b], and weakning of the body[c].

2. The heart will endure no ſuch Snake in it, if it have
   1. *Faith* in Gods Providence[d], whoſe orders and acts, envy quarrels[e].
   2. *Love*
      - To God and Heaven. For there, the more heires, the more inheritance *. And
      - To Man on earth. For we doe not grieve, but joy at their good whom we love[f].
   3. *Lowlineſſe.* For Pride breeds this Snake[g].
   4. *Pitty.* Eying men as mortall and mutable[h]. Dead *Pompey* made *Caſar* weepe.

a Jam. 3. 16.
b Prov. 15. 13.
c Prov. 14. 30.
d Pſal. 75. 5.
e Rom. 9. 20.
* S. *Greg.* rule.
f Prov. 11. 10.
g Gal. 5. 26.
h Pſal. 37. 1, 2.

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a Jam. 3. 16.
b Prov. 15. 13.
c Prov. 14. 30.
d Pſal. 75. 5.
e Rom. 9. 20.
* S. *Greg.* rule.
f Prov. 28. 10.
g Gal. 5. 26.
h Pſal. 37. 1, 2.

Thursday-Service.

Againſt Swearing, and taking Gods Name in vaine.

Morning Prayer.

Confeſſion, and Lords Prayer.
Pſalmes 15. 99.
Leſſon, Zach. 5. *or Mal.* 3.
Prayer or Collect on the next page.
Your daily Prayers.

Evening Prayer.

Confeſſion and Lords Prayer.
Pſalme 50. *at verſe* 16. *and* 111. *Pſalme.*
Leſſon, James 5.
Collect, as before.

Prayer

Prayer againſt Swearing, and taking Gods Name in vaine.

O Lord! Holy and Reverend is thy Name, let me not dare to profane it! Angels therefore dread and adore thee, and ſhall I deſpiſe thee! Thou Lord wilt take an account of all idle words; if then thy Titles be proſtituted at my vaine pleaſure, and made to fill my idle diſcourſes, how ſhall I anſwer thee! Keepe my tongue from ſuch cuſtomes O Lord! and let Care watch my lips, that I get not ſuch a tongue! And let thy Feare guard my heart, that no ſuch words move thence to my lips. What is paſt, pardon, I beſeech thee in thy mercy; what is to come, prevent in me by thy grace, for Jeſus his ſake. *Amen!*

Remedies against Swearing, and taking Gods Name in vaine.

1. There is much ill in this sinne.
   1. Against the Creator, God. It is
      1. Pettie Blasphemie at least. The Jewes stopt their eares at it, and dare Christians open their mouthes for it [a]?
      2. Pettie Treason. A lifting up the tongue against Divine Majestie, and wounding it, and bringing it to contempt [b].
      3. Grand Ingratitude to God. For my tongue made for his Glory [c], to doe him dishonour. And the Names and Members of Christ, to be made instruments of sinne [d].
   2. Against the Creature.
      4. Grand Rebellion. Man the Tongue of the Creatures to praise God, makes them Mutes to his Glory [e], and guilty of his despising and daring God; and himselfe worse then them all.
2. There is great danger in it. The Law sayes, it goes not guiltlesse [f]. The Gospell sayes, of Condemnation.

a Act. 7. 55.
b 2. King. 19. 22.
c Psal. 55. 8.
d 1. Cor. 6. 15.
e Psal. 19. 1
f Exod. 20 7.
g Jam. 5. 12.

3. There

3. There is no profit, credit, or pleaſure in it, a meere-pure ſinne, without motive to excuſe it.
4. Cuſtome aggravates it. That I dare get, and keepe, an habite againſt Heaven.
5. I may uſe meanes to loſe, as well as get this cuſtome [h].
   1. For Gods Names, O Lord! Jeſus! Chriſt! uſe other words, O ſtrange! O rare! O me! &c. with as good ſenſe, and leſſe ſinne.
   2. Puniſh thy ſlips. Bite tongue. Give an almes. Say Lords Prayer.

h *Socrates*, by ſtones cured his ill ſpeech.

Friday-Service.

Againſt Lying.

Morning Prayer.

Confeſſion, and Lords Prayer.
Pſalmes 34. 52.
Leſſon. Prov. 6. or 12. or Jeremie 9. Joh. 8. from 44. verſe.
Collect or Prayer on the next page.
Your daily Prayers.

Evening Prayer.

Confeſſion and Lords Prayer.
Pſalme 59.
Leſſon. Col. 3. or Epheſ. 4. or Apoc. 22.
Collects as before.

Prayer against Lying.

O God of truth, keepe me from the lip of Lying! Since the Devill is a lying Spirit, let not my mouth be poſſeſſed with him. Since he is the father, let not me be a child of falſehoods. Cauſe my heart to conceive things aright, and let my tongue truly bring forth the conceptions of my heart. Suffer me not at the price of any luſt, to let out my tongue to ſerve the turnes of Satan. As a Proſtitute to Malice, by lying to doe miſchiefe; or an Advocate to friendſhip, by lying to doe good, or excuſe the ſhame of evill. Let me not commit an evill to doe a good, much leſſe adde ſinne to ſinne, word to deed, upon any occaſions. Eſpecially upon ſmall occaſions, let not my minde and tongue be filed with ſuch blots. Blemiſhes both to Chriſtian and Humane converſation! Peſts both to Church, and to mankind! And that I may abhorre a lye, make me to love truth and juſtice, even for his ſake, in whoſe mouth was no guile, Jeſus Chriſt our Lord! *Amen!*

Remedies against lying.

1. The Devill first *spake* [a], and ever since taught this *language* [b].

2. The Death of *mankind*, was drawne in first, from that *breath* of the Serpent [c].

3. Speech *brought forth* with a lye, is *conceived* in adulterie.

4. When I love a lye, I divorce my soule from *Truth*, Gods daughter: and marry it to *Falsehood* the Devills.

5. The Devills daughter hath *damnation* for her *dowry*: so hath lying, a sinne of aire, but ends in fire [d].

6. A Christian and a lier, is a Monster. A New man with an old Tongue. The Devills tongue in the head of a Christian [e].

7. A lyer is another *Lucifer*. He gives being to that which hath none, and so equalls himselfe to God who onely can, and doth.

8. The Primitive Christians, would rather dye then lye. Chusing rather the losse of life, then such a blot on the conscience.

[a] Jo 8.44.
[b] 1 Kings 22.22.
[c] Gen. 3.4.
[d] Apo. 21 8
[e] Ephes. 4. 24,25.

These Considerations may make us loath it, and to leave it. 1. Doe

1. Doe nothing *foule*, to be blusht at, and we shall not need to lye for a *maske*[f].
2. If mens eies doe not, God sees the truth of things[g], for all our masks.
3. Here the maske is fouler then the face (if not very foule:) at least, the face is fouler for the ugly maske. *
4. A Time will come, when God will pull all masks from all faces[h]. And what good then in the Refuge of lies[i]?

f Gen. 18. 12.
g Jer. 5. 3.
1 King. 14. 16.
* Sin added to sin.
h 1 Cor. 4. 5.
i Isa 28. 15 Isa 59. 4.

Saturday-

Saturday-Service.

Againſt Detraction or ſlandering.

Morning Prayer.

Confeſſion, and Lords Prayer.
Pſalms. 10. 15. 50.
Leſſon. Jer. 9. *Levit.* 19. *from* 11 *verſe.*
Prayer or Collect on the next page.
Your daily Prayers.

Evening Prayer.

Confeſſion, and Lords Prayer.
Pſalms. 64. 140. 101.
Leſſon James 4. *or* 1 *Pet.* 2. *from* 21. *verſ. and* 1 *Pet.* 3. *to* 14 *verſe.*
Collect as before.

Prayer againſt Detraction.

O Lord! Since the Detractour is a Devill, let not me be one! Let me not delight to heare a ſlander, leſt he ſit in my eare; Let me not utter it, leaſt he walke on my tongue; but above all, let me not devize it, leaſt he lye in my heart. Let not my Eare, Tongue, and Heart, be a chaire, houſe, and bed, for the Devill. Let thy Holy Spirit of love wholly poſſeſſe me, that he may have no part in me. Thou wouldſt have my Heart to be thy Temple, and my lips are the dores; Let me not make thy Temple his Forge to frame, and thy Dores his Shop to vent his miſcheifes. Leſt in thy juſtice thou give me my portion with railers and curſers and blaſphemers in his fiery furnace.

As I abhorre to murder my neighbours life, make me afraid to deſtroy his fame and reputation: leaſt I wound thereby and kill at once his credit and my conſcience. Keepe the ſword of Calumny out of my mouth, I beſeech thee, that I kill not my ſlandered neighbour and my ſelfe; and wonnd as many as heare and beleeve me. From taking and giving theſe wounds, Lord ſhield me and ſave me, for his ſake, who being reviled, yet reviled not: Jeſus Chriſt our Lord. *Amen.*

Remedies

Remedies against Detraction.

1. It makes a blacke mouth, and us ſpit inke in
[a] Eph. 4. 27 our brothers face, or fire, like Devills [a].
The divell and ſlanderer all one.
[b] Lev. 19 16
[c] Ezek. 22. 9
[d] Pro. 12 1
[e] Jam. 4. 11
[f] Rom. 2. 1
[g] Zach. 2 8
[h] Pſa. 105. 19.
2. As bloudy as blacke. A murder [b] of what is more precious then life, anothers reputation [c], with the death of my conſcience [d].
3. As abhorr'd as bloudy. To God, and Man. The Slanderer cries out on another for ſlandering him, and therein condemnes himſelfe [e]; as a vile man, for being a ſlanderer.
4. To wound a good mans fame, is moſt to be abhorr'd, to caſt filth at Gods eies [f]. He being ſacred to God [g]; this is a kind of ſacriledge.
[i] 1 Tim. 5. 9. Tim. 3 7 Sam. 3. 17
5. To wound a Man of God ſo, is yet worſe [h]. To kill as many ſoules, as beleive the ſlanders. His Miniſtery lies a bleeding, if his credit receive a wound.

Three fortifications are needfull to defend the ſoule from this ſinne.

1. In the Eare. To keepe it out of the tongue [i]. To be deafe to obloquie, is the way naturally to become dumbe to it.

2. In

2. In[4] the Eye. To keepe it out of the eare. Slander will not come where anger entertaines it[k]. *k* Prov. 25. 23.

3. In the Heart. To keepe it out of all. The chiefe fort of all. In

1. Wisedome. Not to beleeve ill reports[l]. *l* Pro. 16. 21
2. Truth. Not to devize them[m]. *m* Exod. 23. 1.
3. Charity[n]. If true, to conceale, not to speake them. Anothers life being the forbidden tree, which my tongue is not to touch. *n* 1. Cor. 13. 5.

Seaven

Seaven Services. Of the Vanities of the moſt valued things of the World.

Sunday-Service:

Of the Vanitie of Pleaſures.

Morning Prayer.

Confeſſion, and Lords Prayer.
Palmes 17. 73.
Leſſon. { *Eccles* 2. & 11. or *Iſaiah* 47.
{ *Luke* 12 or 16.
Your daily Prayers.
Collect on the next page.
Conclude with the Lords Prayer.

Evening Prayer.

Confeſſion, and Lords Prayer.
Pſalme. 35. 69.
Leſſon. Dan. 5. *or Amos* 6. *Rev.* 18.
Collects as before.

Collect

Collect or Prayer againſt the Vanity of Worldly pleaſures.

DEfend my ſoule, O Lord, from the Inchantments of the fleſh, and ſave me from vaine pleaſures, the great Witches of the world! Thou haſt made me with reaſon, let me not live by ſenſe. I am capable of thee as an Angell, let me not ſet my ſelfe amongſt beaſts, making ſenſualitie my chiefe good, which is but their bleſſednesse!

If my ſoule be ſad, can worldly pleaſures comfort me? and ſhall I be everlaſtingly ſorrowfull for moments that delight me? Even the pureſt ſweets of the world, are mixt with bitterneſſe, but the pleaſures of ſinne, O, what gall doe they give the conſcience? O Lord! To avoid the ſting, let me loath the hunnie of wicked delights! and becauſe, under the flowers of pleaſure, ſnakes of guilt lye hid, let me beware of all! but O Lord! ever keepe me from ſetting my heart on any!

On thee be my ſoule ever fixt O God! In thee be the joy of my heart, even in thee alone; and in other things onely in thee and for thee! and

let thy feare be the matter or meaſure of all my pleaſures, that they may be in thee; that when the brooke of earthly joies ſhall faile, I may drinke of the river which runs to all eternitie!

O thou, who art ſaid to weepe, not to laugh, ſtrengthen me to ſee and overcome this vanity; that I may joy in thee now, and with thee hereafter in endleſſe felicity. Deare Jeſus; *Amen!*

Monday-

Monday-Service.

Againſt the Vanity of Honours.

Morning Prayer.

Confeſſion, and Lords Prayer.
Pſalme 49. 82.
Leſſons. 1 *Sam.* 2. *or Eſter.* 6. *Dan.* 4.
Collect on the next page.
Your daily Prayers.
Conclude with the Lords Prayer.

Confeſſion, and Lords Prayer.
Pſalmes. 75. 83.
Leſſons. Iſa. 3. *or* 5. 23. *or Jer.* 5. 2 *Cor.* 1.
Collect as before.

Evening Prayer.

Prayer againſt the Vanity of Honours.

O Lord! Becauſe thou haſt made me great, ſhall I not be good? Becauſe my bloud is noble, ſhall my life be wicked? Becauſe men doe me honour, ſhall I doe thee ſhame? Lord, let ſuch a Spirit of baſeneſſe never poſſeſſe me; let mee know, that the greater my honours are, the greater be my obligations to ſerve thee. And let thoſe paraſites of greatneſſe, appeare as ſo many fiends of Hell unto mee, who would have mee breake thoſe bonds, and flatter and nouriſh ſuch a ſpirit in mee. Make mee too wiſe to build my bliſſe on mans breath, that I be not miſerable at their pleaſure, & happy when they liſt. Make me not ſo fond, as to thinke, a glory ſo vaine, can make me happy: So poore as to thinke that applauſe my bleſſedneſſe, which goes and comes with a blaſt of mans!

Make mee ſo wiſe as to know, that a holy ſpirit makes the nobleſt bloud, and to be thy child is the beſt diſcent; to beare thine image the beſt coat, to have thine Angels, the beſt Miniſters of honour, and thine eyes the beſt Judges! And make mee ſo good, as to do thoſe noble

acts

acts of vertue and piety which may give mee this honour: let others court the vaine, let mee ſeeke true glory! To ſcorne earth, get heaven, ſhining as the Sunne in the State of immortality: King of Glory, give this honour to mee Sweet Jeſus, I beſeech thee. *Amen. Amen.*

Tuesday-Service.

Against the vanity of Riches.

Morning Prayer.

Confession, and Lords Prayer.
Psalms. 39. 49.
Lesson. Deut. 8. *or Pro.* 11. 23. *Matt.* 13. *or Mat.* 19. *or Marke* 10.
Your daily Prayers.
Collect on the next page.
Letany.

Evening Prayer.

Confession, and Lords Prayer.
Psalms. 52. 62.
Lessons Job 31. *or Eccles* 5.
Collect as before.

Prayer

Prayer againſt the Vanitie of Riches.

KEep me, O Lord, from their madneſſe who make riches their God, and poverty their Devill! Let not that be my heaven, which is ſo near to hell; let me not make that my bliſſe, which earth hath in her bowels! And let not that have my heart, which is not my heaven! From immoderate deſires to get or keep wealth, keep me O Lord; and from ſinfull, defend me; that I may not covet much, to ſpend more in the maintenance of luſt, vice, and vanity; and have much to ruine mee!

Let mee know, that riches are good as they come from thee, and give me a power of greater piety, and charity, and alacrity to ſerve thee; and ſo let mee value them as acts of thy bounty! But as things unable to ſave, either ſoule from hell, or body from death, in the day of diſtreſſe, or to ſatisfie the ſoule in any better day; let mee diſpiſe them as poore and of no value! And as Meanes of Sinne, and Woe, Feeds of pride, luxury, and exceſſe; let mee abhorre them as the Fewell of wrath, and hell. Let mee be rich in thee, and to thee! in bagges

laid up in heaven, laid out in earth, to mans Neceſſity, and thy Glory. Let the riches of grace be my joy; others my uſe, and their love, my ſcorne. That when the worldly rich ſhall be beggers, bereaved of all comfort; I may be rich in all abundance, in thee, and with thee, who art all in all, by the purchaſe of the pretious blood and paſſion of Him, who became poore to make us rich, Jeſus Chriſt our Lord. *Amen.*

Wedneſday-

Wedneſday-Service.

Againſt Vanity of Beauty.

Confeſſion, and Lords Prayer. Morning Prayer.
Pſalmes 38. 39. 45.
Leſſons. 2 *Sam.* 14. *or Prov.* 31. *or Prov.* 11. *Ezek.* 27, 28. *Matth.* 23.
Your daily Prayers.
Collect on the next page.
Conclude with Lords Prayer.

Confeſſion, and Lords Prayer. Evening Prayer.
Pſalmes 6. 96. 145.
Leſſons, Iſai. 3. *or* 28. *or Ezek.* 16. 1 *Cor.* 11.
Collects, as before.

Prayer

Prayer againſt the Vanity of Beauty.

O Lord! let me looke at Beauty as thy bleſſing, but not make it my bliſſe! Let not my care be more for my body, then my ſoule, and to have a faire face then conſcience!

O let that which is thy face and image, have the chiefeſt of my coſts and care! Let the glaſſe of thy Word be often before me to ſee it, and the waters of repentance daily with me to waſh it, and the fine linnen of the Saints ever by me to adorne it, that the King of Heaven may delight in my beauty; and not Men, but Angels love me!

For beauty of the body; let it not be my ſinne, or anothers ſnare. Let me not hate Deformity above Hell, and love Beauty before Heaven. Since age at laſt will, and infirmity before may deface that beauty, and change it to a loath'd deformity. And Lord keep my looks from being lures of vanity. Let no guilts be upon my eyes, of anothers iniquity. Let thy feare preſerve me and them from theſe guilts! Make it my care, to appeare with a faire and cleane

cleane conſcience before thee; and to Him whom thou haſt made the vayle of my eyes, let me be joy of his. That when humane beauty ſhall faile, an Angels may be given me; a body and ſoule both faire without blot or blemiſh, to all eternity. To that beauty, Lord Jeſus bring me! *Amen. Amen!*

Thurſday

Thurſday-Service.

Againſt the Vanity of Strength.

Morning Prayer.

Confeſſion, and Lords Prayer.
Pſalmes 22. 33. 38. 102.
Leſſons. Job 6. *or* 9. *or* 40. *or* 1 *Sam.* 17. *Act.* 3.
Four daily Prayers.
Collect on the next page.
Letanie.

Evening Prayer.

Confeſſion, and Lords Prayer.
Pſalmes 68. 147.
Leſſons. Job 21. *Iſa.* 26. 1 *Joh.* 2. *Act.* 5.
Collects as before.

Prayer

Prayer againſt the Vanity of Strength.

THat I have health the Crowne of earthly mercies, I thanke thee, O God of my ſtrength! And I beſeech thee continue it to me; without which, I cannot ſerve thee, or enjoy any comfort from thee! And let me uſe it whileſt it is with me, to the end, for which thou giveſt it me, to looke and ſeeke after eternall life, where is no ſickneſſe nor infirmity!

Lord, make me know that all other uſe is vanity. To truſt in ſtrength idolatry; to turne it againſt thee, villanie; (To doe more ſinne, becauſe I have more health from thee.) Let me therefore have care, in the dayes of my youth and ſtrength to remember thee, my Creatour; that in the dayes of age and infirmitie thou maiſt not forget thy ſervant! Let my healthy body, make my ſoule more chearefull to ſerve thee.

How unfit ſickneſſe is, to doe thee ſervice, and how many wayes it may come, let me ſadly conſider; that in my health I may goe about my happineſſe, and in my ſickneſſe have the comfort of a well-employed health; and

at

at my death, the assurance of eternall life, by that employment!

Lord! since thou giveſt me the beſt of thy blessings, let me give thee the first of my yeares, the ſtrength of my youth, not my decrepite dayes; that come ſickneſſe or health, life or death, I may be thine ever; a child of bliſſe, and heire of immortality, by the merits of him who is the Sonne of thy Love, Jeſus Chriſt. *Amen!*

Friday

Friday-Service.

Againſt the Vanity of Wit.

Confeſſion, and Lords Prayer. Morning Prayer.
Pſalmes 36. 94.
Leſſons. 2 *Sam.* 17. *Prov.* 3. *Luke* 10.
Your daily Prayers.
Collect on the other page.
Conclude with Lords Prayer.

Confeſſion, and Lords Prayer. Evening Prayer.
Pſalmes 90. 111. 2.
Leſſons. Jer. 4. *Eccleſ.* 2. 1 *Cor.* 3. *James* 3.
2 *Tim.* 3.
Collects as before.

Prayer

Prayer againſt the Vanity of Wit.

I Thanke thee O Lord, for the bleſſing of my Reaſon. For the power of it, by which thou haſt made me a man, not a beaſt; and the uſe of it, by which thou haſt made me, of underſtanding, not an ideot.

I beſeech thee, let me not marre what thou haſt made. My wit to delude my will, and it to draw my ſoule from thee, leſt I foole my ſelfe of the end for which I was made, and an Ideot get to Heaven before me. As I have the wit, let me have the wiſedome, to know thee; and with my underſtanding, the conſcience to feare thee, without which the moſt wiſe is but a foole before thee! From a wit to contrive miſchiefes, and to compaſſe deſignes of vanity; from skill to uſe the arts of ſinne, and finde the wayes of death and hell, Good Lord deliver me! From an Atheiſts wit, to diſpute againſt thee, and Religious acts which binde the ſoule unto thee; and cunning to maintaine acts of vice and villanie; Lord keep me, that it finde neither roome nor favour in me, that ſuch wickedneſſe be not charged upon me! Let me be a foole

on

on earth, to be a Saint in Heaven! even theirs, who thinke Sanctitie a ſimpleneſſe, Devotion a dulneſſe, and thy Feare a folly. And from pride of underſtanding, and ſcorne of the ſimple, who have little to my much, let this preſerve me; that thou canſt make my much to be little, if I ſo provoke thee, bereaving me of my wits by a ſickneſſe or a phrenſie. Wiſedome of God from all this ſave me, Deare Jeſus. *Amen!*

Saturday. Service.

Againſt the Vanity of Friends and Favour.

Morning Prayer.

Confeſſion, and Lords Prayer.
Pſalmes 38. 41. 1. 5. 30.
Leſſons. Eſter. 6, 7. *or Job* 6. *Pro.* 19. *Luk.* 16. *Eſter* 2. *Prov.* 3. *Luk.* 1.
Your daily Prayers.
Collect on the next page.
Conclude with Lords Prayer.

Evening Prayer.

Confeſſion, and Lords Prayer.
Pſalmes 88. *for favour. Pſal.* 89. 106.
Leſſons. Micah 7. *Iames* 4. *Eccleſ.* 9. *Act.* 7.
Collects as before.

Prayer

Prayer againſt the Vanity of Friends and Favour.

O Lord! Friends are Jewels, and ſo thou haſt taught us to valew them; yet as men that may be falſe, or will be fickle, our truſt muſt not bee in them. Some are not more friends to my perſon, then my proſperity. And thoſe that are now moſt friends with me, may prove bitter enemies againſt mee. Let me therefore ſeeke to have my Conſcience, thy Angels, and Selfe, for friends that will never faile me! and let thy will be mine, O God, that all theſe friendſhips may be for me! O thou great Friend of mankinde, who by thy bloud didſt make falne man friends with God, by thy Holy Spirit make me fit for all theſe friendſhips! And Lord, let me not valew mans, with thy favour! They can give me honour, but not a Crowne of Glory! Wealth, but not Heaven (Their hands are too ſhort.) Yea, in ſickneſſe and diſtreſſe they cannot reach health, or quiet, to my body, or my conſcience. And though their power be ever leſſe then my wants, it may be often greater then their wills.

O Thou Unchangeable Majeſtie, The everlaſting lover of them that feare thee, let me be one, that thou maiſt ever favour me! Let me no care for mans cloud, ſo the light of thy countenance ſhine upon me! Let my ſinnes never hide that light from my ſoule, I beſeech thee; Sunne of righteouſneſſe, let ſome beame of thy love ever come unto me. Lord Jeſus ſay, *Amen. Amen!*

A Service. Of the Pleasures of Piety. For Sunday or other day.

Morning Prayer.

Confession, and Lords Prayer.
Psalmes 4. 30. 32. 33. 97.
Lessons. { *Deut.* 16. *or Isaie.* 29. *or* 35. 61. 65.
{ *John* 16.
Your daily Prayers.
Collect on the next page.
Conclude with Lords Prayer.

Evening Prayer.

Confession, and Lords Prayer.
Psalmes 16. 36. 126. 132.
Lessons. Habacuk. 3. *or Prov.* 3. *or* 8.
Collects as before.

A Prayer to have the pleaſures of Picty.

RAviſh my heart O Lord with the joyes of thy Saints, and cauſe me to ſee the felicity of thy choſen! O! What are the pleaſings of ſenſe to the ſolaces of a Soule? or the delights of the fleſh to the raptures of Spirit? And in what but in thee, O God, can my immortall Soule take repoſe, or my Spirit finde relliſh! Thou art the Soveraigne Good. In thee is the Crowne of Joy. All in the world is nothing to thee, woe without thee. And how can my Soule rejoyce in thee, but in the favour which thou haſt to thoſe that feare thee; and thoſe multitudes of mercies which proceed from thy favour, to thoſe that are in holy league and peace with thee!

Lord! make me one of thy Saints, that I may have ſome of thoſe joyes, which none but thoſe that feele, know; and thoſe that know, cannot utter! And give me, I beſeech thee, ſome taſte of thoſe holy pleaſures, which may encourage me more and more, to ſeeke to be a Saint!

O Lord! of thoſe ſhoures of hidden Manna which daily fall upon ſoules greatly devout indeed,

deed, let ſome crumbs and drops come to me, who truly deſire to be ſo! And whileſt others take pleaſure to ſwimme in ſenſualitie, let me be ſatisfied with thoſe drops!

Let ſinfull contents be my hate, becauſe they baniſh them; and ſenſuall, my ſcorne, becauſe below them! Let me joy in the goods of the earth as my common portion, but triumph in thy favour, as my great Inheritance; and in the duties of thy ſervice and feare, as the wayes to thy favour!

To the Harveſt of Joy in Heaven, Lord at laſt bring me! and (to live more comfortably on earth in thy feare) the Firſt-fruits of thy Spirit give me! and a love, and care, and conſcience of thy feare encreaſe ever in me, God of all grace and comfort, I beſeech thee; for his ſake who came to ſave me, my Hope, my Joy, my Jeſus. *Amen!*

A Service to be said for Issue, on Monday or any time.

Morning Prayer.

Confession, and Lords Prayer.
Psalmes 112. 113. 115.
Lesson, { *Gen.* 15. *or* 18. *or* 20. *or* 21.
{ *Luke* 1. *from* 11th *verse to* 39.
Prayer or Collect on the next page.
Your daily Prayers.
The Letanie.

Evening Prayer.

Confession and Lords Prayer.
Psalme 109. 144. 128.
Lesson { *For issue*, 1 *Sam.* 1. *or* 2 *Kings* 4.
{ *For blessing on it*, *Deut.* 5. *verse* 19. *or* 1 *King.* 17.
{ *For education of it*, *Deut.* 6. *Gen.* 18. *verse* 16. *to* 23. *Eph.* 6.
Magnificat after Lesson.
Collects as before.

Prayer

Prayer for Iſſue.

O Lord, thou haſt ordained Mariage the meanes to propagate Mankinde, and makeſt it fruitfull to that purpoſe, by thy providence, at thy pleaſure!

I doe beſeech thee, that as thou haſt made me happy above many in mariage, ſo thou wilt make me as happy as others are, in iſſue.

Give me the bleſſings of the wombe: a healthy and holy ſeed, which may be heires of thy bleſſings on earth after us, and at laſt, inheritors of thy eternall bleſſedneſſe in Heaven with us. Even for the ſake of thy Onely begotten Son, my Deare Saviour Jeſus Chriſt our Lord: *Amen!*

A Service praying protection and prosperity upon a Deare friend engaged in warlike dangers. On Tuesday or other day.

Morning Prayer.

Confession, and Lords Prayer.
Psalmes 91. 125. 27.
Lessons. { *Joshua* 1. *or* 2 *Chron.* 20.
{ *Matth.* 10. *at verse.* 16.
Creed.
Collect on the next page.
Letanie.
Your daily Prayers.
Collects. pag.
Epistle. Jer. 24.
Gospell. Act. 12.
Prayer for Catholike-Church.

Evening Prayer.

Confession, and Lords Prayer.
Psalmes 2, 3, 4, 5.
Lessons. Ezra 8. 2 *Tim.* 4.
Creed. And Collects as before.

Collect

Collect or Prayer for a Husband in Warre.

O Lord of life, hold in thy hand the life of him, thou haſt made my deare Lord and Head. From the ſword and hands of his enemies, and all ill accidents and dangers of Warre, deliver him for thy mercies ſake! My ſinnes, O Lord; even mine alone, may bring the ſword upon him, to wound me, by him: But O let not the merits of mine or his ſinnes, but my Saviours be upon him! Let not the cryes of my guilt, but the bleſſing of my prayers come unto him! Lord ſeale my pardon in his bloud, and thy Protection to him. Thou haſt bleſſed him and me in him, from many perils paſt; O ſave him from all preſent dangers! And preſerve with him, that Piece of his fleſh and bloud, whom thou haſt made ſo neare unto him. O Lord, let no more wounds and loſſes befall that family, but let it ſtand, and them live to uphold it. And in thy good time give Him and me a Progenie that may be Pillars of it to preſerve our name and honour on earth, and inherit thy happineſſe and glory together in Heaven. Even for his ſake, who is the firſt-borne amongſt his Brethren, the Heire of all things; Jeſus Chriſt our Lord. *Amen!*

a. *Collect. See pag.* Prayer

Prayer for an end of Warre.

HAſten O God, theſe dayes of bloud and woes, and give a happy and ſpeedy end to the Warres! O let unnaturall diviſions ceaſe, and the unhappy ſeparations of deareſt friends end amongſt us. For theſe times of wants, and wounds, and bonds, and deſtructions, let the dayes of plenty, and ſafety, and liberty, returne againe unto us!

O Thou by whom Kings reigne, eſtabliſh the King in the Throne, on which thine owne hands have ſet Him; and ſhield his, and all their perſons, who offer their meanes and lives to eſtabliſh him! Let His Armies every where prevaile and proſper, but his Enemies fly or fall before him. Infatuate their Counſels, and ſcatter their Powers, whoſe wits and armes are lift up againſt the Head which thou haſt anointed over them, and the Church and Religion with which thou haſt bleſſ'd them. O let it be enough that for our ſinnes thou haſt ſo long wounded us and broken us, and now heale us and bind us up, and ſave us for thy mercies ſake. Give us peace for the ſword, thou God of Peace, even for his ſake who is the Prince of it, Ieſus Chriſt our Lord. *Amen!*

A Service

A Service of the Paſſion of Chriſt, fit eſpecially for Wedneſdayes and Fridayes.

Morning Prayer.

Confeſſion, and Lords Prayer.
Pſalme 22.
Leſſon. { *Iſaie.* 53. *or* 63. / *Matth.* 26. *or Marke* 14. *or Luke* 22. *or John* 13. *Where there is the Hiſtorie of the Paſſion.*
Collect or Prayer on the next page.
Your daily Prayers.
The Letanie.
The 10. *Commandements.*
The Epiſtle. Titus 2. *or Hebr.* 9.
The Goſpell. Matth. 16. *or* 21. *or Joh.* 3.
Prayer for the Catholike Church.

Evening Prayer.

Confeſſion, and Lords Prayer.
Pſalmes 84. 112.
Leſſon. Zach. 11. *or* 12. *Eph.* 1. *or Col.* 1.
Collects as before.

Prayer

Prayer for the Passion.

O Incomprehensible Goodnesse and Mercy, who didst send thy owne Son to a Crosse, to bring me to thy Crowne; and at the price of a most bloudy Passion to purchase my salvation: O let this love be ever in my heart, and the fruits of it abound with me in all holy carriage and conversation! Make me therefore to hate my sinne more then death, which made thy Son to die; And let neither goods, nor honours, nor liberty, nor life be deare unto me for my Saviours sake, who made me so to live!

Lord! let me sacrifice all that I have and am to thee, who gavest thy Deare selfe, a Sacrifice for me! Let me thirst to shed my bloud, and die for thy truth; and let it be my meat and drinke all my dayes, to doe thy will, and live to thy glory: That I may at last, by the merits of thy pretious bloud and passion, dwell for ever with thee. With thy blessed Saints and Angels, giving all lauds, and worship, and honour to thee, even for ever and ever. *Amen!*

A Service of Thanksgiving for the Sea-deliverance, to be said the last Friday in *January*,* or any Moneth. Or on Thursday, or other day.

* This day at night was your Time of feare.

Confession, and Lords Prayer.
Psalme 107.
Lessons. { *Exod.* 12. / *Act.* 27. } Morning Prayer.
Prayer or Collect on the next page.
The Thanksgiving for this Deliverance. pag.
Your daily Prayers.
The Letanie.
Epistle. 2 *Cor.* 11. 18.
Gospell. Marke 4. *verse* 35.
Prayer for the Catholike Church.

Confession, and Lords Prayer.
Psalmes 46. 69. 148.
Lessons. { *Jona* 1. *and* 2. *Chapters.* / *Matth.* 8. *at* 23. *verse.* } Evening Prayer.
Collects as before.
This day faile not to give some Almes to the poore.

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The Prayer and Thankeſgiving for the Sea-deliverance.

O Lord! Thou haſt made me to ſee the great dreads and dangers of the Deepe, and I am alive at this day by thy gracious Deliverance! O let this thy mercy be ever in my memory, and make me never to forget the duty and ſervice which I vowed, and owe unto thee for that mercy! Make me ſo mindfull of that Paſſe-over of the flouds, that I may paſſe the time of my Pilgrimage in thy feare, till at laſt I come to have a happy Paſſeover to thy Glory. Even for his ſake, who is paſſed to Heaven before and for me, Jeſus Chriſt our Lord. *Amen!*

A Penitentiall Service, fit for a troubled ſoule, faſting and praying for mercy and grace. Friday or other day.

Morning Prayer.

Confeſſion, and Lords Prayer.
Pſalmes 6. 32. 38. *or* 51. 130. 143.
Leſſons. Eſaie. 1. *Matth.* 11. *or Act.* 3. *at* 19.
Collect on the next page.
Your daily Prayers.
The Letanie.
Ten Commandements.
Epiſtle. Hoſe 6. *or* 1 *Cor.* 6. *at* 9. *verſe.*
Goſpell. Luke 7. *verſe* 36.
Prayer for the Catholike Church.

Evening Prayer.

Confeſſion, and Lords Prayer.
Pſalmes 40. 42, 43.
Leſſons. { *Job* 9. *or Ezek.* 18. *or* 33.
{ 2 *Cor.* 7.
Collects as before.

1. *Collect or Prayer for a Penitent.*

O Lord, I doe here cast downe my selfe before thee, O cast me not away from thee! I cannot stand at the Barre of thy Justice, I doe therefore lie downe at the Footstole of thy Mercy. I do condemne my selfe for my sinnes; Lord, doe not thou judge me! Cancell my sins in my Saviours bloud, and wash my soule in the streames of mercy! Though as red as crimson and scarlet, thou hast promised the penitent, they shall be white as snow; O acquit my pensive soule, of mine, I beseech thee; let not my guilt be blacke, as Hell before thee. Wash me from it, forgive it me!

And because forgivenesse of what's past availes not, if I fall againe into former offences; O God of all grace, I beseech thee, so to pardon me a sinner, as to make me a Saint. Give me an holy strength to mortifie my lusts, with an holy care to watch and withstand all occasions and temptations to wickednesse. Especially those that are by nature, custome, or condition of life, most ready to surprize me; against them, make me to watch and ward, and pray, and strive more diligently. And let thy Holy Spirit assist and strengthen me to a victory, even for the blessed merits of him, who overcame the world for me, the Captaine of my salvation, thy Deare Son, Jesus Christ my Lord. *Amen!*

2. *Collect, or Prayer, for a Penitent.*

O God! with a prostrate body and bleeding heart, I doe most humbly confesse and bewaile my wretched nature, and wicked life before thee. For my thoughts, my lusts, my deeds and words past, my conscience cryes out against me *; So vaine, so vile, so foule, so ill, have they beene beene before thee. And thou art greater then my heart, and can'st lay more unto my charge, then conscience knowes about me!

* Here thinke of particulars when you say it.

O thou searcher of all hearts and wayes, how oft I have vowed thee better service, thou knowest, and have shamefully violated my faith with thee! I have sometimes begun to seeke after thee, but soone lost my selfe againe in the wayes of former vanity. As the hils, so hath beene my love to vaine things; but my goodnesse as the morning dew, which vanisheth presently. And for this, even from my owne mouth, thou maist againe condemne me.

Yea, Lord! with griefe of heart, and shame of face, I doe yet further confesse and lament bitterly, that (as if it had beene a light thing my selfe to be in sinnes and armes against thee) I have beene a leader of others into Rebellion,

and ſo am both a Sinner and a Tempter before thee. I have countenanced in them, what I ſhould condemne; and encouraged, what I ſhould abhorre. And ſo as Principall to my owne, have made my ſelfe Acceſſorie to other mens ills; and by nurſing the acts of their ſins, have contracted their guilts, for which thou mayeſt againe condemne me, charging their wickedneſſe and woes upon me. And though I have beene, and am at this day, ſo guilty, unworthy and vile a wretch againſt thee; O how good and gracious a God haſt thou beene all my life, and at this preſent art unto me! Thy goods of minde, body, ſtate, have beene great. Riches, and honours, and ſafety, and health, and life, and underſtanding haſt thou given me. And in the choice, and comfort, and love, and life of my deare Conſort and Lord, how happy haſt thou made me! Though I deſerve all vengeance, even to eternall death, thy mercies have beene, and are ſtill great upon me!

O God of all pitty and patience, I am confounded to conſider thy great goodneſſe, and my wickedneſſe againſt thee! Woe is me, that the bonds of thy Lawes, and thy mercies and my vowes, ſhould be all thus broken by me! For this ſhame and confuſion of face for ever might juſtly cover me!

But Lord! though I be every way a miſera-

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ble ſinner, thou art infinitely more, a mercifull God. Thou haſt a Propitiatorie for ſinne, above all my provocations. *Mary Magdalene* was foule with luſt, yet forgiven: *Peter* perjured, but pardoned: *Paul* made others to blaſpheme, yet found mercy: O Lord! for thine infinite mercies ſake, let my ſinnes be forgiven me! Even for my Saviours ſake, puniſh not my guiltineſſe upon me. Seale to my ſoule thy pardon in his bloud which was ſhed to ſave me!

And for time to come, let thy Holy Spirit aſſiſt me to live with more conſcience, and leſſe ſinne before thee. Lighten my minde with a ſight of thy truth, and fire my heart with a love to thy Majeſtie; that the vanities of the earth may be my ſcorne, and the Glory of Heaven, the onely ambition, that takes me; and thy feare my onely care, as the way to that glory! In that way, guide me, keepe me, and continue me, by thy Holy Spirt, I beſeech thee; and let me ſo uſe thy earthly bleſſings, that they may not hinder me. Father of Mercy, and God of Grace, grant this I beſeech thee: Even by the bleſſed mediation and merits of Jeſus Chriſt. *Amen!*

3. *Collect. See in pag* 147.

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A Service. Preparatorie to the Holy Communion. For Saturday before.

Morning Prayer.

Confeſſion, and Lords Prayer.
Pſalmes 74. 146.
Leſſons. { 2 *Chron.* 30. / *Matth.* 26. *to* 46. *verſe.*
Prayer or Collect on the next page.
Your daily Prayers.
The Letanie.
The 10. *Commandements.*
The Epiſtle. 1 *Cor.* 10.
The Goſpell. Joh. 13. *to* 30. *verſe.*
Then read the Exhortation before the Communion.
The Prayer for the Catholike Church.

Evening Prayer.

Confeſſion, and Lords Prayer.
Pſalmes 55. 67.
Leſſons. Iſai. 55. 1 *Cor.* 11.
Collect as before.

Prayer

Prayer to be uſed before the Communion.

DEare Saviour! that haſt given thy Fleſh and Bloud to be my meat and drinke, and now inviteſt me to thoſe heavenly dainties: Who am I (wofull and wicked wretch that I am) that I ſhould dare with my unworthy hands to receive thoſe High & Holy Myſteries? Originally uncleane. Actually defiled; and even ſince my laſt comming and Communicating (for all my vowes and proteſtations before Thee) againe and againe polluted. In theſe ſtraits and ſtreſſes of ſpirit, how ſhall my ſoule be ſatisfied? If I come not at thy call, I rebell againſt thy mercy: If I come, I treſpaſſe upon thy puritie! O my God! I will not ſtand out a Rebell, but rather fall downe an humble Suppliant before thee. I am guilty, Lord pardon me! I am polluted, Lord purge me! Though guilty, though polluted, I am thy Ranſomed ſoule, Deare Redeemer ſave me! Let the merits of thy pretious bloud, clenſe me from the guilts upon me! Let the graces of thy Holy Spirit, ſanctifie me from the ſtaines within me! Let the ſighs and teares which come from my

bleeding heart, wash off those blots by vertue of that pretious bloud! Let the cryes and prayers, which now come from my believing soule, obtaine those graces from thy Holy Spirit. True repentance and humility. A lively faith and charity, with all those holy and heavenly thoughts and affections which may dispose and prepare me for thee! By these, fit my soule for thy selfe, and my body with my soule to be an holy house and habitation for thee. Let thy Holy Spirit and Bodie enter into me! Come Deare Redeemer, come to the price of thy bloud, seize thine owne and save me! Possesse my soule, feed me and preserve me! Hereafter, let me have more grace then to grieve thee. Give me care to keepe my bodie (thy Temple) more pure from sinne, and holy to thee; and my heart (thy Bed) more cleane from lust, and undefiled before thee! In the strength of thee the Living Bread, let me grow more able to serve thee! And by vertue of so neare an Union and Communion with thee, let not mine, but thy Holy Spirit from henceforth lighten, lead, and enliven me! That I may shun sinne which thou hatest, and daily doe those duties of devotion and charity, which please thee. So let this Holy Sacrament at once Seale to me thy mercy, and my glory. Where I shall for ever communitate with thee, in per-

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fect purity and felicity! To that happy Communion, by thy grace, Deare Saviour ever prepare me! and now for a Holy Communion with thee! *Amen! Amen!* Say *Amen* Lord Jesu!

A Prayer and Thanksgiving after receiving the Holy Communion.

PArdon O Father, thy poore childe the errours and infirmities which have pass't in thy Holy Service, whether before, or in, or since the Sacrament. And in, and for the pretious Bloud of thine Holy Child Jesus, of which I have had the Holy Communion, Seale me my pardon! And behold and accept thy Servant from a heart full of thy love, powring out praises to thee, for the inestimable benefits received in those High and Holy Mysteries! What am I O Lord! or what is in me, that thou shouldest doe this great honour and favour to me? I am unworthy to touch the thresholds of thy House, and thou hast taken me to thy Table! I am not worthy to stand amongst thy Saints, and thou hast made me sit with my Saviour! I am not worthy to come before thee, and fall downe before thy Footstoole; and thou hast beene

beene pleased to come into me, and make my heart thy Throne! I am not worthy to eat the bread of Men, and thou hast given me the bread of Angels! Yea Lord! The Angels hunger, but have not this bread. What they admire, I have received: whom they adore, I have entertained. The Body and Bloud of Jesus, their Mirrour, is my meat. Christ and they are Two; but I and my Saviour are One. Flesh of his Flesh, and Bone of his Bone: One Bloud, one Body. O unspeakable mysterie! O incomparable mercy!

Lord, I beseech thee, since of my selfe I cannot enough praise thee, make me some way worthy of thee! Let my Hands which have received that Blessed Body and Bloud, be henceforth Sacred, and doe no deeds that may offend thee! Let my Lips which have touched those Holy Mysteries, be hallowed from all words that may displease thee! And let my Heart, the Habitation of my Lord and Saviour, be hereafter holy, and no vaine thoughts lodge within me! As I am one with Him in Body and Bloud, let me be one in Spirit. The Spirit of Wisedome, Love, and Holinesse; truly to know Thee, serve Thee, and cleave unto Thee! By the Blessed Sacrament of his Body and Bloud, Convey it to me! Confirme it in me! Let it be to my soule the Signet of thy Love, and Seale of thy Glory.

And

And even for the pretious merits of that Blond and Body, receive me to it, I beseech Thee, that I may be one in everlasting Union and Communion with Thee, for Jesus his sake. *Amen, Amen!*

A Thanksgiving to be said after the Communion, fit for one devoutly affected at it.

THou that hast given the Bread of Heaven to feed me, O give me the tongue of an Angell to praise thee! O Lord! the very Angels are not blessed with such a Bread. O! what an high mystery and mercy is this, that my Saviour is my Sustenance, and their Maker my Meat! The Bodie and Bloud of Christ the eternall Sonne of God, to be in an Holy Communion eaten and drunken by the mouth of a mortall man! O the infinite condescending goodnesse of a Gracious God, to make my humble heart the Habitation of His Holinesse! To come to me, enter in me, and become one, not by reconciliation onely, but heavenly Union and Communion, with me! O miraculous Union! O mysterious Incorporation! O happy Soule that art so neare to thy Saviour! O blessed Saviour,

Saviour, that art so neare to my Soule! O wretched Soule, if any thing be too deare with thee for such a Saviour! That wouldst not give thy body and bloud for his Truth; that wilt not give thy life to his Glory! O Lord! let my Soule, which by thy Sacrament, is made so happie; by my sin, be never made so wretched! Thou that hast entred thy Body and Bloud into me, by thy Spirit take possession of me. Guide me, leade me, command me, rule me, move me: Be thou the Spirit of my Soule, and Soule of my Body. Let not the Flesh, World, or Devill henceforth have any power in me! Live, O live Thou in me, O Christ, in thy earthly House, and let me live for ever with Thee in thy heavenly Habitation. Even by the merits and vertues of thy pretious Body and Bloud, Sweet Jesus, my Deare Lord and Saviour; I beseech thee. *Amen*! *Amen*!

Prayer

Prayer for a Penitent Confeſſing Sinnes and Deprecating Judgements.

O Thou Holy and Dreadfull Majeſtie! I am aſhamed to lift up my eyes unto thee for the ſinnes I have committed againſt thee. Woe is me for the undue thoughts, and luſts, and words, and deeds, of which I ſtand guilty before thee!

I have, like a prodigall child, waſted thoſe goods and daies in the delights of vanity, which thou O Father, didſt give me, not ſo ſinne with, but to ſerve thee. And even for thoſe few houres which I have ſpent beſt, privatly in thy ſervice, and in thy Sanctuary, I have need to aske thy forgiveneſſe and mercy; So coldly, ſo careleſly, ſo diſtractedly, ſo irreverently, have I then, and there behaved my ſelfe before thee.

By thy holy lawes, by thy many mercies, by my often vowes and promiſes, I ſtand at this day deeply obliged unto thee: But I have broken all thoſe bonds, and even to this houre am not free from rebelling againſt thee.

For this I doe confeſſe, thou mighteſt ſentence me to as many judgements, as the mercies are with which thou haſt bleſſed, and yet bleſſeſt me.

me. Thou mighteſt caſt away that ſoule, which I have ſo much polluted with ſinne, and ſmite that body which hath beene ſo much a ſervant to it in the acts of vanity. Thou mighteſt take away His life who is my Head and Comfort, and the very ſolace of my ſoule.

Of all theſe plagues, O Lord, I am moſt guilty, by my ſinnes; and if thou ſhouldeſt execute them all upon me, thou wer't but righteous in thy judgements. But in judgement Lord, remember mercy! To thy poore ſervant, to thy penitent, proſtrate child, grant thy pardon, Deare Father, and reach to my ſoule thy hand of mercy! I have guilt, but thou haſt Bloud, O Bleſs't Redeemer! I have ſtaines, but thou haſt Grace, O Holy Comforter! O Holy, bleſſed and glorious Trinity, Spare my life, and ſave my ſoule, I beſeech thee, who have condemned my ſelfe for ſinning ſo much, and reſolve by thy grace to ſerve the more conſcionably!

And, Lord! ſave the life of my Deareſt Conſort, I humbly entreate thee. In former dangers thou haſt ſtood by him, O Lord, doe not now for my ſinnes goe from him! Let no guilt of his or mine, be upon him. Againſt the Sword of the Enemy, ſhield him, and that precious Piece of his fleſh and bloud engaged with him. From more bloud, bleſſe the Family: and the wounds already made cloſe, that they bleed no more.

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with thy hand of mercy. And Save Thine Anointed (the breath of all our noſtrills,) and all that fight with him, and for him.

O Lord God of Hoſts, bleſſe them with daily victories. And from Deaths and Wounds, and the hands of their Enemies, deliver them all, even for thy great mercies ſake, I beſeech thee; by the precious wounds and death, and bloudy paſſion of Him, who is the Shield of our Salvation, Jeſus Chriſt our Lord. *Amen!*

Rules for Confeſſion.

Scriptures encouraging to it. *Pſal.* 32. 5. *Prov.* 28. 13.

1 Joh. 1. 9.

If we confeſſe our ſinne, He is faithfull and juſt to forgive us our ſinnes, and to cleanſe us from all unrighteouſneſſe.

Prayers preparing to it.

I.

ALmighty God, unto whom all hearts be open, all deſires knowne, and from whom no ſecrets are hid, cleanſe the thoughts of my heart, by the inſpiration of thy Holy Spirit, through Jeſus Chriſt. *Amen.*

II.

ALmighty and everlaſting God, which hateſt nothing that thou haſt made, and doeſt forgive the ſinnes of all them that be penitent, create and make in me a new and a contrite heart, that I worthily lamenting my ſins, and knowledging my wretchedneſſe, may obtaine

taine of thee, the God of all mercy, perfect remiſſion and forgiveneſſe, through Jeſus Chriſt. *Amen.*

Generall formes of Confeſſion for a Penitent.

I.

ALmighty and moſt merciſull Father, I have erred and ſtrayed from thy wayes like a loſt ſheepe, I have followed too much the devices and deſires of my owne heart: I have offended againſt thy holy Lawes: I have left undone thoſe things which I ought to have done, and I have done thoſe things which I ought not to have done, and there is no health in me: but thou, O Lord, have mercy upon me, miſerable offender. Spare thou me, O God, which confeſſe my faults, reſtore thou me that am penitent, according to thy promiſes declared unto mankinde, in Chriſt Jeſus our Lord: and grant O moſt merciſull Father for his ſake, that I may hereafter live a godly, righteous, and ſober life, to the glory of thy Holy Name. *Amen.*

II.

ALmighty God, Father of our Lord Jeſus Chriſt, Maker of all things, Judge of all men, I knowledge and bewaile my manifold ſinnes and wickedneſſe, which I from time to time moſt grievouſly have committed by thought, word, and deed, againſt thy Divine Majeſtie: provoking moſt juſtly thy wrath and indignation againſt me: I doe earneſtly repent, and am heartily ſorrie for theſe my miſdoings; the remembrance of them is grievous unto me, the burden is intolerable. Have mercy upon me, have mercy upon me moſt merciſull Father: for thy Sonne our Lord Jeſus Chriſts ſake, forgive me all that is paſt, and grant that I may ever hereafter ſerve and pleaſe thee in newneſſe of life, to the honour and glory of thy Name, through Jeſus Chriſt our Lord. *Amen.*

III.

FOrgive me my ſinnes, O Lord, forgive me the ſinnes of my youth, and the ſinnes of mine age, the ſinnes of my ſoule, and the ſinnes of my body, my ſecret and my whiſpering ſinnes, my preſumptuous and my crying ſinnes, the ſinnes that I have done to pleaſe my ſelfe, and the ſins that I have done to pleaſe others.

Forgive

Forgive me my wanton and idle ſinnes. Forgive me my ſerious and deliberated ſinnes. Forgive me thoſe ſinnes which I know, and thoſe ſinnes which I know not: the ſinnes which I have ſtriven ſo long to hide from others, that now I have even hid them from mine owne memory. Forgive them, O Lord, forgive them all, and of thy great goodneſſe let me be abſolved from mine offences.

A Devout manner of preparing our ſelves to receive Abſolution.

I That am a wretched ſinner, here perſonally appearing and proſtrate before the preſence of the everlaſting God, having in remembrance the exceeding mercy of his great goodneſſe towards me, whom he hath created of nothing, preſerved, ſuſtained, and loved, when I was moſt unworthy of any thing: whom he hath of his incomprehenſible clemency ſo often invited to repentance, and whoſe converſion and amendment he hath ſo patiently expected: as alſo having in memory, that at the day of my Chriſtning I was ſo happily and holily vowed and dedicated unto my God, to be his child, and to live in his continuall ſervice: yet that

contrary to the profeſſion which was then made in my name, I have ſo many and ſundry times, ſo execrably and deteſtably violated my vowes, prophaned my ſacred promiſes, and imployed my ſoule to the ſervice of the World, the Fleſh, and the Devill: thereby deſpiſing the graces, and contemning the goodneſſe of Gods Divine Majeſtie: at length recalling my ſelfe, and in all lowly and devout wiſe here caſting my ſoule and bodie proſtrate before the dreadfull Throne of his Juſtice, I acknowledge and confeſſe, and yeild my ſelfe a moſt miſerable wretched ſinner, guilty of that Death and Paſſion which Chriſt once ſuffered for me upon the tormenting Croſſe. But turning my ſelfe to the Throne of his infinite Mercy, and with all my might and force from the very bowels of my heart, deteſting the iniquities of my fore-paſſed life: I moſt humbly begge and crave pardon for the ſame, with an entire abſolution for all my ſinnes, even for the pretious Death and Paſſions ſake of my Lord and Saviour: upon whom, as upon the onely foundation of my hope, I repoſe all my confidence, and unto whom I promiſe and confirme againe, I advow, and ſolemnly renew the ſacred profeſſion of loyall ſervice and fidelitie, which was made in my name, and in my behalfe unto him at my holy Baptiſme: renouncing unfainedly

fainedly the vanities of this wicked World, the luſts of all ſinfull Fleſh, and the ſuggeſtions of the Devill: and converting my ſelfe unto my moſt gracious and mercifull God, I deſire, deliberate, purpoſe, and fully reſolve to honour him, ſerve him, love him, and obey him, now and for ever hereafter. Giving and dedicating unto him, for this end, the powers of my ſoule, the affections of my heart, and the faculties of my bodie, to be his faithfull, loyall, and obedient ſervants for ever, without unſaying, revoking, or repenting me of this my holy and ſacred promiſe, or any part thereof. And I moſt humbly beſeech Almighty God the Father, Sonne, and Holy Ghoſt, to confirme me in this conſtant reſolution, and to accept of this my broken and contrite heart, which he hath promiſed not to deſpiſe: entirely deſiring his fatherly goodneſſe, that as he hath given me a deſire and will to purpoſe, ſo he will give me ſtrength and grace to performe all holy actions, thorow Jeſus Chriſt.

PSAL. 32. 1, 2.

Bleſſed is he whoſe unrighteouſneſſe is forgiven, and whoſe ſinne is covered.

Bleſſed is the man unto whom the Lord imputeth no ſinne.

FINIS.

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